

Euclid Snack Policy

If a child needs a mid-morning or mid-afternoon snack, s/he may bring one to be eaten as long as these guidelines are followed:

1. Snacks must be nutritional
2. If a child brings a vegetable or fruit that is cut up, please send it in a baggie or other container
3. The snack should be able to be eaten in about 5 minutes

The purpose of the snack is not to replace breakfast or to be a part of lunch. We expect the children to eat a complete breakfast before coming to school.

For younger children who may be confused, please clearly mark 'snack' on snack bags so that children do not bring this snack down to lunch.

Examples of a good snacks

- Fruit
- cut-up vegetables
- cheese pieces

Snacks NOT allowed:

- junk food, sweets, desserts
- yogurt cups
- juices, sports drinks
- chips
- fruit snacks/roll ups

If you have any questions about a particular snack, please feel free to contact your child's teacher.

