

September 6, 2011

Dear Second Grade Parents,

We encourage second graders to eat a small mid-morning snack to give them an additional energy boost. Please send a healthy snack with your child each day. Pack something that is easy to eat and will not cause a distraction to them or the children around them.

Some suggestions are:

crackers and cheese	peanut butter crackers	applesauce
trail mix	granola bar	string cheese
yogurt	graham crackers	pretzels
fruit	vegetables	bread
nuts	low fat popcorn	raisins
rice cakes	100% pure fruit juice	V-8 juice

The snack should not be a substitute for breakfast. It is also very important for the children to eat a healthy breakfast before coming to school.

Additionally, please send a water bottle with your child to drink throughout the day. The water bottle should have a pop-top to prevent accidents. It should also be insulated or wrapped with a tube sock so when the bottle "sweats" it won't create watery messes on desks and papers.

Thank you!

Mrs. Davis

Ms. Sostarich