



PRESBYTERIAN EAR INSTITUTE ORAL SCHOOL
415 Cedar Avenue SE
Albuquerque, NM 87106
505-224-7037

SNACK GUIDE
2008-2009 School Year

Families take turns bringing snacks for the students. A monthly calendar is sent home to notify you of your turn. **Please bring enough juice/milk and snacks for 2 days for 20 students.**

In order to assure children receive nutritious food, the State of New Mexico's Daycare Regulations states specific requirements for serving snacks:

- **Drinks: milk, water, or 100% fruit/vegetable juice**
- **Snacks: protein snack or carbohydrate snack plus a fruit or vegetable**

We cannot serve any products containing nuts or any product that has been processed at a factory that also produces nuts.

Please read the labels/prepare menus carefully!

The following are just a few ideas of items to bring:

Eggs: hard cooked/plain or deviled
Cheese, yogurt
Breads, crackers, pretzels, tortillas
Dried/fresh fruits or vegetables
Popcorn
Pudding
Jello
Applesauce
Meats

If your child has specific allergies and cannot eat certain foods/drinks, please let the principal know at registration so that the information can be posted.