

Classroom Snack Guidelines

Aspen Academy cares about the health and wellness of our scholars and staff (Policy 533). Healthy kids learn better! Healthy snacks are defined as having less than 35% sugar and less than 35% of calories from fat. Below is a list of acceptable snacks for scheduled snack times.

- Water (no coffee, energy drinks, soda)
- Fresh fruit and vegetables
- Pickles
- Dry breakfast cereal such as Cheerios
- Cheese sticks
- Yogurt
- Cheez-Its Crackers
- Hard boiled eggs
- Beef or turkey sticks/jerky
- Goldfish Crackers
- Graham Crackers
- Pretzels

Although we are not a peanut free school, there may be accommodations in certain classrooms for peanut/pine nut allergies. Your scholar's classroom teacher will provide more information if it is applicable.

Thank you for your support of our teachers, their classrooms, and the safety of our scholars.