



# Rochester Montessori School

A Montessori and International  
Baccalaureate School

how children learn influences who they become



## E1 East Snack List 2016-2017

At least one week this year, your child will be responsible for bringing snack to share with the children for the whole week. When choosing snacks, please be considerate of children that have food restrictions. in the class we have the following restrictions:

- tree nuts
- peanuts
- dairy (ok in baked goods)
- eggs (ok in baked goods)
- chickpeas
- gelatin
- pork
- chocolate

Some healthy snack ideas include: fresh fruit, fruit sauce and fresh vegetables. I found this link useful for ideas.

<http://snacksafely.com/snacklist-20160905.pdf>

If we are unsure we will not provide the snack to the child with restrictions. The above link is provided as a guide only.

I will provide snack for the first week and, as an idea, will bring-

Bananas

Nabisco Saltines

Sun chips

Barnum's animal crackers

Rold gold Pretzels

Some cucumbers from my garden!

Please let us know if you would be willing to bring in snacks for an open week in addition to your assigned week. If you have any questions regarding appropriate snacks, please let us know. We appreciate your willingness to supply snacks!



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Sept. 5-9: **Ruby/Debbie**

Sept. 12-16: **Dania**

Sept. 19-23: **John**

Sept. 26-30: \_\_\_\_\_

Oct. 3-7: **Lillie**

Oct. 10-14: **Margaret**

Oct. 17-21 (4-day week): \_\_\_\_\_

Oct. 24-28: **Mushaf**

Oct. 31-Nov. 4: **Isabel**

Nov. 7-11 (4-day week): \_\_\_\_\_

Nov. 14-18: **Rachel**

Nov. 21-22: (2-day week):

**Ruby/Debbie**

Nov. 28-Dec. 2: \_\_\_\_\_

Dec. 5-9 **Lucas**

Dec. 12-16 \_\_\_\_\_

Dec. 19-23 (4-day week):

**Ruby/Debbie**

Jan. 2-6 (4-day week): **Jack**

Jan. 9-13 (4-day week): \_\_\_\_\_

Jan. 16-20 (4-day week): **Brynn**

Jan. 23-27 (4-day week): \_\_\_\_\_

Jan. 30-Feb. 3: **Alyssa**

Feb. 6-10: **Ada**

Feb. 13-17: **Viola**

Feb. 20-24 (4-day week): \_\_\_\_\_

Feb. 27-Mar. 3: **Victoria**

Mar. 6-10: **Stephen**

Mar. 13-17 (4-day week):

**Ruby/Debbie**

Mar. 20-24: **Lucy**

Mar. 27-31: **Kathleen**

Apr. 10-14: \_\_\_\_\_

Apr. 17-21: **Jasper**

Apr. 24-28: **Eva**

May 1-5: \_\_\_\_\_

May 8-12: **Emilia**

May 15-19: \_\_\_\_\_

May 22-26 (4-day wk/lock-in):

**Ruby/Debbie**

May 29-June 2 (4-day week): \_\_\_\_\_

June 5-8 (last week):