



DAILY SNACK GUIDELINES AND FOOD ALLERGY INFORMATION 2025-2026

This document contains all pertinent information regarding snack policy, procedures, and food allergies. Due to food allergies and encouraging classroom inclusivity and equality, we follow the same policy found at all other Mount Horeb preschools and MHASD.

1. Caregiver shall provide a light and nutritious, healthy snack and beverage (water, milk or 100% fruit juice) each day your child is in attendance in a labeled container, such as re-usable lunch bag. Please include a filled water bottle as the children do not use the water fountains at school. A snack suggestion/guideline is below. This document will be provided to each family prior to the start of the school year.
2. Wisconsin State Requirements – The snack shall consist of one item from at least two of the following food groups: milk or milk product, fruits and vegetables, whole grains or cereal and protein. If you send juice, please verify with the label to be certain that it is 100% fruit juice. If two food groups are not represented, ACP is required to supplement any missing components.
3. Food Allergies - Common food allergens such as peanuts and tree nuts (including, but not limited to peanut butter or items containing peanut butter) will not be knowingly permitted in the preschool and we do not knowingly serve products containing peanuts or tree nuts. **For the safety of students with allergies, some of which are severe food allergies, DO NOT send snacks that contain peanuts, peanut butter, or tree nuts.**
4. Please do not send any food treats from home for celebrations (birthday, holiday, etc...) Please review the backside of this document for a list of Alternatives to edible treats.
5. To ensure a happy and healthy school year, please review the list below of “safe” snack suggestions.

Beverage:

Milk, Water, or 100% Fruit Juice

Whole Grain:

Graham Crackers Goldfish Crackers
Pretzels Cereal or Fruit Bars (nut free)
Animal Crackers Popcorn
Crackers (Ritz, Wheat Thins, Club)

No Crackers filled with Peanut Butter or Nutella

Fruit/Vegetable:

Applesauce Grapes
Bananas Raisins
Melon chunks Orange/Clementine
Apple slices Strawberries or seasonal berries
Cherry Tomatoes Carrots
Celery Sticks Pepper Slices
Cucumber Slices

Protein/Dairy:

Cheese chunks Sausage chunks/bites
String Cheese Veggies/Ranch Dip
Yogurt

Review both sides please

Alternative to Edible Treats

For the safety and health of students with allergies, some of which are severe food allergies, we request that all treats for celebrations (birthday, holiday, etc....) be in the form of non-food items. To ensure a happy and healthy year in our school, below is a list of ideas of alternative items to help your child celebrate. Thank you for your cooperation.

Stickers	Pencils	Colored Pencils	Self-Inking Stampers	Water Adhesive Tattoos
Crayons	Markers	Bubbles	Mini Play Doh	Mini Coloring Books
Chalk	Erasers	Mini Notebooks	Fun Band Aids	Bouncy Balls

Check out the following stores for more ideas:

Dollar General

Party City

Target (seasonal bins at the main entrance)

Walgreens (seasonal aisle)

I am looking forward to a wonderful school year. Please contact me if you have any questions or concerns.

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