Here’s how it works:

• If students are interested in purchasing a snack through the school, they can pay .50¢ in the cafeteria each day before 8:00 a.m., and then leave their name and classroom name.

• Snacks are then placed in a basket along with the names of students who purchased a snack. Just before snack time, a designated classroom helper will come to the kitchen and pick up the classroom’s snack basket.

• All snacks are “user friendly,” meaning that they are cut up, ready to eat, and come with the necessary utensils.

Why it’s great:

• The school lunch program gets some revenue because the cost of snacks to the cafeteria is several cents less than what is charged.

• This program has been proven successful in grades K-5.

• It is a simple, effective way to ensure that the students are getting something healthy to eat and eases parents’ anxiety around packing a healthy snack.

SAMPLE MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt</td>
<td>Applesauce</td>
<td>Whole Grain Crackers</td>
<td>String Cheese</td>
<td>Fresh Fruit or Veggie Sticks</td>
</tr>
</tbody>
</table>

MaineHealth

LET’S GO!

S · E · N · T · E · N · T · E · Y