

FLS Snack Cart

FLS is proud to offer our healthy snack cart again this year!

The cart is stocked with “smart-snack approved” choices, including:

- * **Fruit** — Examples: apples, oranges, bananas, and fruit cup
- * **Dairy Items** — Examples: string cheese and yogurt,
- * **Whole Grain Items** — Examples: scooby graham crackers and goldfish crackers
- * **Sugar Free Items**— Example: jello and puddings

Students may choose one snack per day, during their break time from the list above..

The cost is \$40.00 per semester, per student.

Please fill out the information below and return to the school office, by August 25th to ensure that your student gets their healthy snack.

Snacks fuel Kids’ brains, which in turn helps them pay attention and perform well. Therefore, it is important that snacks are healthy!

Healthy snacks should meet basic healthy food goals, such as: nutrition dense (the most nutrients for the fewest number of calories), whole grain, fiber rich, low sugar, low fat and/or low salt.

The program is strictly voluntary. If you choose not to purchase a snack through the school, please remember to send a smart snack with your child daily.

If you have any questions, please contact the office at 507-334-7982

FLS Snack Cart Program

Student First & Last Name

Grade

For Office Use Only: