

# 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: apple sauce, fruit cup
- \* **Dairy Items** — Examples: string cheese, yogurt
- \* **Whole Grain Items** — Examples: scooby graham crackers, goldfish crackers, chex mix
- \* **Sugar Free Items**— Example: jello, pudding

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

The cost is \$45.00 per semester, per student.

Please fill out the information below and return to the school office, by August 29th 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**

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**For Office Use Only:**

**Date Received:** \_\_\_\_\_ **Amount Received:** \_\_\_\_\_ **Check or Receipt Number:** \_\_\_\_\_