

Snacks

A wholesome and warm snack will be served to your child each morning served with water from their own colored cup. Local and organic food serves the basis of each day's snack. Our snack time begins with each child setting their place at the table with their placemat, napkin, cup, bowl and spoon. After all children have washed hands, we light a candle and sing a blessing together.

Monday: Rice with tamari, raisins, and sunflower seeds. Fresh raw carrots are served on the side.

Tuesday: Oatmeal porridge with raisins, pumpkin seeds and cinnamon.

Wednesday: Homemade wholegrain bread with butter, almond butter, and fresh apples or homemade applesauce

Thursday: Vegetable soup and corn muffins.