

The Preschool: A Magical Beginning

Snacks and Lunch: The children help the teachers prepare a healthy, wholesome mid-morning snack and lunch, which they then enjoy as a class. The snack and meal are organic and local when possible. Sample snacks include: seasonal organic fruit, organic popcorn, organic coconut balls, organic seeds, organic nuts, and organic vegetables. Sample meals include oatmeal with fruit and seeds, vegetable lentil soup and quinoa with roasted vegetables.

