

The items listed in our Approved Snack List were chosen after meeting the USDA Smart Snacks in School criteria and an above average rating on Fooducate.com. These guidelines aim to reduce the sugar, saturated fat and salt content in children's snacks in addition to restricting items that contain high fructose corn syrup, MSG, artificial colors, additives or ingredients. All items on this snack list are peanut and nut free, however please check labels as they may change at any time.

2018-2019 APPROVED SNACK LIST

FRUITS & VEGETABLES

- **Apple slices, bananas, strawberries, oranges, cuties, pineapple, grapes** (halved), etc.
- **Carrots, celery sticks, cucumber slices, broccoli, bell peppers**, etc.
- **raisins**
- **Dole fruit cups**-mandarin oranges, diced peaches or pineapple tidbits, diced pears

CHEESE & DAIRY

- **cheese**-string cheese (*not for children under 3*), sliced or cubed cheeses that are low fat/reduced fat
- **Danimals** Smoothies & Squeezables
- **Gogurt**
- **Kids Yoplait yogurt**

CRACKERS/CHIPS/CEREALS

- **Annie's Homegrown Bunny**-Honey Grahams or Bunny Grahams Chocolate
- **Barnum** animal crackers
- **Cheerios** cereal- Regular, Cinnamon Burst, Fruity, Chocolate, or Frosted
- **Chex** cereal – vanilla, chocolate or cinnamon
- **Chip'Ins** popcorn chips- plain or white cheddar
- **Cinnamon Apple Straws** by Sensible Portions or Clancy's (Aldi)
- **Cinnamon Toast Crunch** cereal
- **Full Circle Organic Honey Grahams Teddy Bears**
- **Golden Grahams** cereal
- **Goldfish**- cheddar, pretzels, s'mores, colors, cinnamon, chocolatey

CRACKERS/CHIPS/CEREALS (CONTINUED)

- **Honey Maid, Nabisco or Great Value** graham crackers- all varieties
- **Kirkland Sliced Fruit Apple Slices** (Costco)
- **Kix** cereal- corn, berry, honey
- **Pirate's Booty**- veggie or aged white cheddar
- **Pop Chips**- original or cheddar
- **PopCorners** popped corn chips- regular and kettle caramel
- **Quaker Popped Rice**- apple cinnamon, cheddar cheese, caramel, butter, kettle
- **Quaker Rice Cakes**- buttered popcorn, caramel corn
- **Rold Gold** pretzels- sticks, checkers or honey wheat braids, thins
- **Saltine** crackers by Nabisco- whole grain
- **Scooby-Doo** graham crackers by Keebler
- **Simply Nature Organic Honey Teddy Bear Grahams**- Chocolate
- **Snack Factory Pretzel Crisps** original and minis
- **Stacy's Pretzel Thins**- Simply Naked
- **Sun Chips** – original, Harvest Cheddar, French Onion or Garden Salsa
- **Teddy Grahams** by Nabisco- honey, chocolate, cinnamon
- **Triscuit Minis** original
- **Utz**- pretzel sticks or honey wheat braided pretzels
- **Veggie Straws** by Sensible Portions
- **Wheat Thins** original

APPROVED BIRTHDAY TREAT LIST

Birthday treats from the Approved Birthday Treat List below are limited to birthday celebrations only (however you may bring any item from the above daily snack list as a birthday snack if preferred).

Items that cannot be accepted: cupcakes of any size or variety, cakes

NO goody bags will be accepted (although you may choose to bring in **one (1)** non-edible item per child)

- **Annie's or Horizon** Organic fruit snacks
- **belVita** breakfast biscuits, Bites (crunchy variety only)
- **Nestle Outshine** frozen fruit bars, fruit & veggie
- **GoGo Squeez** fruit and veggie pouches-all variety
- **Goldfish**- vanilla cupcake
- **Honey Maid Grahamfuls**- smores
- **Kellogg's Nutri-Grain** soft baked breakfast bars-cherry, strawberry, blueberry or apple cinnamon
- **Kozy Shack** pudding- tapioca, chocolate, rice
- **Nature's Child** pudding- chocolate or vanilla
- **Nature's Child Squeezers**- berry, mango, applesauce, banana
- **Teddy Grahams**- birthday cake