

Snack List

Pretzels

Whole grain crackers (2 or more grams of fiber per serving)

Cheese and crackers

**String cheese*

Fresh fruits

Fresh vegetables with or without low fat dip

Low fat yogurt

Goldfish crackers

Light popcorn

Applesauce

Trail mix-dried fruit and chex mix (No peanuts or mixed nuts)

Flavored rice cakes or popcorn cakes

**cottage cheese and fruit*

Dry cereals with less than 10 grams of sugar and 2 or more grams of fiber

*Mini bagel with *low fat cream cheese*

- *Low fat snacks have less than 5 grams of fat per serving*
- *Snacks should be less than 10 grams of sugar*
- *Snacks should be less than 200 calories per serving*
- *No peanuts or mixed nuts due to allergies*

Snacks for Occasional Use (1 time per week)

Low fat pudding

Gelatin with fruit

Beef jerky

Rice Krispie treats

Fig Newtons

Homemade muffins

Homemade banana bread

Vanilla wafers

Animal crackers

****Snacks that should be sent to school in an insulated bag with an ice pack or with cold lunch.***

Snacks must be convenient and ready to eat with little or no disruptions.

Snacks are optional. They are to be brought one day at a time for morning, afternoon, or both.

Sharing will not be allowed.