

# APPROVED SNACK LIST

In conjunction with milk breaks, students may eat healthy snacks brought from home. Healthy snacks are defined as fruits, vegetables, crackers, cheese, ect. Items with high sugar or salt content should be discouraged.

These guidelines are part of the school health curriculum to familiarize students to healthy snack food vs. junk foods.

The cooperation of each family and classroom is appreciated.

## **ACCEPTABLE SNACK LIST:**

Fruit	Cheese & Crackers	Popcorn
Sandwich	Unsweetened Cereal	Graham Crackers
Vegetables	Juice (Pure Fruit Juice-not 10%)	Cheese Sticks
Beef Jerky	Muffins	Pretzels
Cold Meats	Crackers	Banana or Date Bread
Nuts	Peanut Butter & Crackers	Raisins

## **UNACCEPTABLE SNACK LIST:**

Fun Fruits	Fruit Rollups	Cake
Cookies	Pudding	Kool-Aid or Pop
Potato Chips, Cheese Balls (Munchies in general)		
10% Fruit Juice (Ex: Hi-C)		Marshmallows
Rice Krispie Bars	Chocolate Covered or Chocolate Chip Granola Bars	
Twinkies or any kind of Snack Cake		