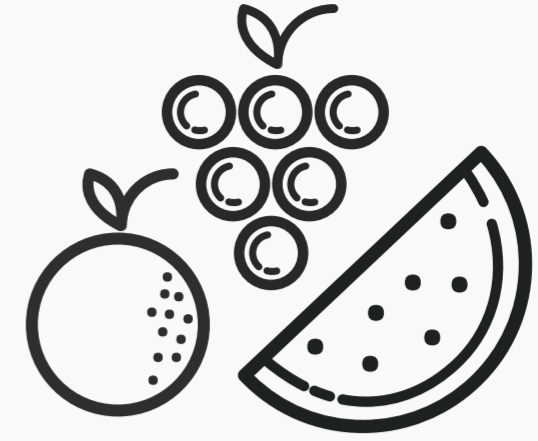


APPROVED SNACK LIST



These do not apply to individual student lunches. All snack items should be free of nut products and nut oils. Please check product nutrition labels before bringing any items to school. NO food treats or treat bags are permitted. Possible alternatives for student recognition include donating a book to the classroom library or a game to the indoor recess collection.

FRUITS & VEGETABLES

- Dried fruits
- Fresh fruit wedges/slices or canned fruit
- Organic unsweetened fruit wraps
- Raw vegetable sticks/slices with low-fat dressing or yogurt dip

BREAD & PASTA

- Bagels with fat-free or low-fat cream cheese
- Bread sticks with marinara
- Low-sugar cereal with fat-free or low-fat milk
- Pasta salad

SNACKS

- Chips with salsa or low-fat dip
- Crackers / Goldfish Crackers / "Fish" crackers
- Original (Plain) Rice Krispy Treats® and/or non-gelatin crispy treats
- Popcorn
- Pretzels
- Rice Cakes

MEATS

- Lean meats (turkey, ham, chicken, etc.)

DAIRY

- Fat-free or low-fat pudding cups
- Fat-free or low-fat string cheese, single-serving cottage cheese or cheese cubes
- Fat-free or low-fat yogurt
- Flavored soy milk fortified with calcium

BEVERAGES

- 100% fruit or vegetable juice
- Fat-free or low-fat milk
- Lemonade
- Water

Exceptions: Throughout the year, food and beverages may be provided by the school for the purposes of special holiday traditions (i.e. candy houses), curriculum-related activities (i.e. cultural presentations) incentive programs and end of year picnics. During such activities, exceptions to the above list may be granted. Parents will be notified of these activities in advance. Individual health-related exceptions to our Wellness Policy (6:50) may be made upon approval by the School Nurse.