

## **RECOMMENDED SNACK LIST FOR PLATTEVILLE SCHOOLS**

Serving healthy snacks to children is important to providing good nutrition and supporting lifelong healthy eating habits. Below are a variety of ideas for parents, teachers, and program providers for serving healthy snacks and beverages to students in the classroom or in after-school programs.

Items on this list have been selected because the fat content meets our current Wellness Policy and these foods do not contain peanuts or nuts products. When shopping try to follow these guidelines: **the total calories per serving are less than 30% fat and less than 220 mg sodium.** This list should serve as a guideline, but there are many other food items that will work.

\* Cookies, cakes, and chips should not be part of our daily snack routine.

### **Fruits/Vegetables**

- Any fresh fruit, including oranges, apples, bananas, grapes, pears, plums, strawberries, tangerines that has been thoroughly washed
- Any fresh vegetables such as carrots, celery sticks, cherry tomatoes, pepper strips
- Applesauce cups
- Raisins and other dried fruits – prepackaged (except Eileen's brand)
- Fruit cups (canned)

### **Beverages**

- Water
- Skim or 1% milk
- 100% fruit or vegetable juices (limit to 6 oz.)

### **Dairy**

- Yogurt in individual cups or tubes
- Pudding in individual cups, cans or tubes
- String cheese or other individually packaged cheeses (1 oz)
- Frozen yogurt bars

### **Crackers/Snack items**

Nabisco/Kraft brand:

- Crackers (Multi-grain Wheat Thins Vegetable Thins)
- Red Oval Farms Stoned Wheat Thins
- Honey Maid Graham crackers or sticks (honey, cinnamon or chocolate flavor)
- Ritz crackers (original flavor or wheat), dinosaurs or sticks (EXCEPT Ritz bits)
- Teddy Grahams or Teddy Graham character brands
- Barnum's Animal Crackers

Keebler brand:

- Wheatables (wheat flavors)
- Club Crackers
- Town House Crackers
- Scooby Doo Graham Cracker Sticks
- Grahams
- Saltines and Oyster Crackers (any)

**Cereals: whole grain is best**

- Cheerios (EXCEPT Honey Nut or Frosted Cheerios)
- Raisin bran
- Grape Nuts
- Frosted Mini-Wheats
- Wheaties
- Rice Chex, Wheat Chex or Multibran Chex
- Honey Maid Soft Baked Bars
- Kellogg's Apple Jacks or Mini Wheats
- Cracklin' Oat Bran
- Corn Bran

**Cereal Bars**

- Kellogg's Nutrigrain Bars
- Quaker Fruit and Oatmeal Bites

**Other**

- Small bagels (Lenders and Thomas brand) with cream cheese
- Popcorn (no or low fat)
- Baked Tortilla chips and salsa (Tostitos brand)
- Frozen treats such as 100% fruit/juice pops
- Jello snacks (individual cups)
- Popcorn (POP-Secret brand)
- New York bagel chips
- Handi Snacks with cheese and red sticks
- Pretzels – Rold Gold and most other brands are peanut free
- Quaker Crispins

If you have any questions about our Wellness Policy or would like to serve on the district Wellness Committee, please contact:

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