

Healthy Snack/Birthday Options

- Fresh Fruits
- Dried Fruits
- Fresh Vegetables
- Low and Non-fat Yogurt
- Applesauce (with no added sugar)
- Whole grain crackers
- Hummus
- Canned Fruit
- Popcorn (no trans-fat)
- Barnum Animal Crackers (due to peanut allergies Barnum is the only brand)
- Go-gurts
- Pretzels
- Jello
- Snack Pack Pudding
- Welch's fruit snacks
- Cottage Cheese (skim or 1%)
- Sun Chips-Cheddar Harvest only
- Whole grain Wheat Thins
- Triscuits
- Goldfish



Other guidelines to go by...

- All items must be trans fat-free
- Snack items must be 200 calories or less per portion as packaged
- Calories from saturated fat must be less than 10% per serving
- Sodium must be limited to less than 230 mg per portion as packaged and less than 480 mg per entrée
- Items should contain no more than 35% of calories from total sugars per portion as packaged
- Products with cereal grains must contain at least 2g of fiber per package

****Please be cautious of classrooms that are “peanut-free”! So please plan your snack or treat accordingly! Remember the words “peanuts”, “tree nuts”, “nuts”, “nut products” or “processed in a facility or on shared equipment.**