



## Approved Healthy Snacks

For a complete list of approved snacks, visit the USDA School Approved Snack List at:

[vistar.com/Resources/USDA-School-Approved-Snacks](http://vistar.com/Resources/USDA-School-Approved-Snacks)

We appreciate any assistance you can provide in supporting our students in making healthy snack and celebration choices.

## Other Smart Snack ideas:

- Fresh fruit
- Fruit smoothies
- Dried fruit (e.g. raisins, pineapples with no added sugar)
- Raw vegetables with dip
- Low-fat cheese sticks
- Trail mix individually packaged
- Low-fat or non-fat milk
- Low-fat yogurt
- Graham crackers
- Whole-grain crackers with cheese
- Whole-grain cereal bars
- Low-fat, low-sodium popcorn
- Whole-grain tortilla chips and salsa

## Snack Bars/Granola Bars



**KIND Whole Fruit & Chocolate Bar**  
1.34 oz. per bar



**Clif Kid Z Bar**  
(Chocolate Brownie)  
1.27 oz. per bar



**Quaker Chewy Granola Bars**  
(Reduced Sugar)  
0.084 per bar

## Crackers/Graham Crackers & Cookies



**Nabisco Graham's**  
(Original)  
**0.73 oz.**



**Stauffer's**  
**Animal Crackers**  
(Original)  
**1 oz.**



**Keebler Toast & Peanut Butter**  
**Sandwich Crackers**  
**1.38 oz.**



**Rice Krispies Treats**  
(Originals)  
**Mini-Squares**  
**1.4 oz.**



**Mysupersnack**  
**Chocolate Chip**  
**Granola Bites**  
(Organic and Nut Free)  
**1.41 oz.**



**Pepperidge Farm**  
**Goldfish Giant**  
**Graham Cracker**  
(Baked w/whole grain vanilla)  
**0.9 oz.**

## Milk (1% & 2%), Yogurt, Cheese



**60 ON THE GO POUCHES**  
(6 BOXES OF 10)

**GoGo Squeeze**  
(Applesauce, Apple  
Cinnamon)  
**3.2 oz.**



**Earth's Best Organic**  
**Fruit Yogurt Smoothie**  
**3.2 oz.**



**Babybel Light**  
**Spiral Cheese**  
**0.75 oz.**



**Smithfield Roasted**  
**Turkey and American**  
(Ready,Snack,Go)  
**1.5 oz.**



**Simply Chex**  
**Strawberry**  
**Yogurt Mix**  
**1.03 oz.**

## Chips – Pop Chips, Baked Chips, Pretzels, Sun Chips



**Doritos**  
(Individual Bags)  
**1 oz. / per bag**



**Pop Chips Potato**  
**0.8 oz. / per bag**



**Cheetos/Lays/Ruffles/  
Smartfood Chips**  
(Baked Individual Bags)  
**1.125 oz. / per bag**



**Cheetos Baked**  
(Individual Bags)  
**1.125 oz. / per bag**



**Sun Chips**  
(Individual Bags)  
**1.5 oz. / per bag**

## Cereal (Whole Grain only)



**Cheerios**  
**Original Cereal**  
(Whole Grain)  
**1 oz. / per bowl**



**Kashi Wheat Biscuits**  
(Organic Whole Grain)  
**16.3 oz. / per**  
**regular sized box**



**Kellogg's Raisin Bran**  
(Whole Grain)  
**1.25 oz. / per bowl**

## Popcorn



**Smartfood Popcorn**  
(Individual Bags)  
**1 oz. / per bag**



**Skinny Pop Popcorn**  
(Individual Bags)  
**0.65 oz. / per bag**



**Cheetos Popcorn**  
(Individual Bags)  
**2 oz. / per bag**

**Fresh Fruit/Vegetables — Fruit Bowl  
— Apple Sauce (No Added Sugar)  
Fruit Snacks — Dried Fruit**

12  
Fruit  
Bowls



**Dole Fruit Cups**  
(Variety of Fruits)  
**4 oz. / per cup**



**Mott's Apple Sauce**  
(No Added Sugars)  
**4 oz. / per cup**



**Sunmaid Organic Raisins**  
(Mini Snacks)  
**1 oz. / per bag**



**Mott's Assorted Fruit & Veggie Snacks**  
**0.8 oz. / per bag**



**Annie's Organic Fruit Snacks**  
(Variety Pack)  
**0.8 oz. / per bag**

**Snack Mix — Granola  
— Nuts — Jerky/Meat Sticks —  
Eggs (Hard Boiled)**



**Planters Pistachio Lovers Mix Nuts**  
**18.5 oz. / per can**



**KIND Healthy Grains Peanut Butter Whole Grain Clusters**



**Jack Links Beef Jerky**  
(Original)  
**(Reduced Sodium)**

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## Pop Tarts (Whole Grain) - Energy Balls (Fruit and Nut)



**Kellogg's Pop-Tart**  
(Whole Grain)  
**3.53 oz.**



**Smart Tart**  
**1.57 oz.**



**Frooze Balls**  
(Energy Balls)  
**5 energy balls per bag**

## FUN FACT:

**Children need to drink 5 to 8 cups of water each day.**

Make it your first choice when planning celebrations. For a special treat with a refreshing twist, try adding fruit (like slices of orange, lemon or lime) to your water. Want a break from water? Offer milk (low-fat) or 100% fruit juice. Fizz up your juice by mixing a little plain sparkling water.

# We celebrate every student!

- Each birthday will be mentioned during the morning announcements.
- Each student will receive a birthday sticker from the office to display all day!
- Each student will be celebrated by utilizing one of our physical activity breaks in the classroom (Silly Sports and Goofy Games or GoNoodle).

\*Parents can contribute to this celebration by bringing in a healthy snack from the Smart Snacks Ideas in this booklet.

**We appreciate your support!**

## Beverages



**16.9**  
FL. OZ.  
**12**  
PACK

All bottled water is acceptable no matter serving size



**Vitamin Water  
Lemonade Drinks**  
**16.9 oz.**



**Tropicana  
Orange Juice**  
**10 oz.**



**V8 Juice Vegetable  
Can / Fusion Concord**  
(Grape, Raspberry,  
Pomegranate, Blueberry)  
**8 oz. / 5 oz.**



**Mott's 100% Real  
Apple Juice**  
**6.75 oz.**



**Capri Sun - Juice**  
(100% Juice /  
No added Sugar)  
**6 oz.**

## Muffins (Whole Grain) Oatmeal/Steel Cut Oats



**Delicious Essentials  
Banana Muffins**  
**2 oz. / per  
wrapped muffin**



**Muffin Town  
Smart Choice Muffins**  
(Chocolate Chip)  
**2 oz. / per  
wrapped muffin**



**Quaker  
Overnight Oats**  
**2.57 oz. per can**



**Quaker  
Instant Oatmeal**  
(Low Sugar Variety)  
**1.76 oz. cups**

## FUN FACT:

The American Heart Association recommended sugar intake for children 2- 18 years old is less than 25 grams or 6 teaspoons of added sugars daily.

**Serving Size Matters!**