JC ELEMENTARY SCHOOLS





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

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



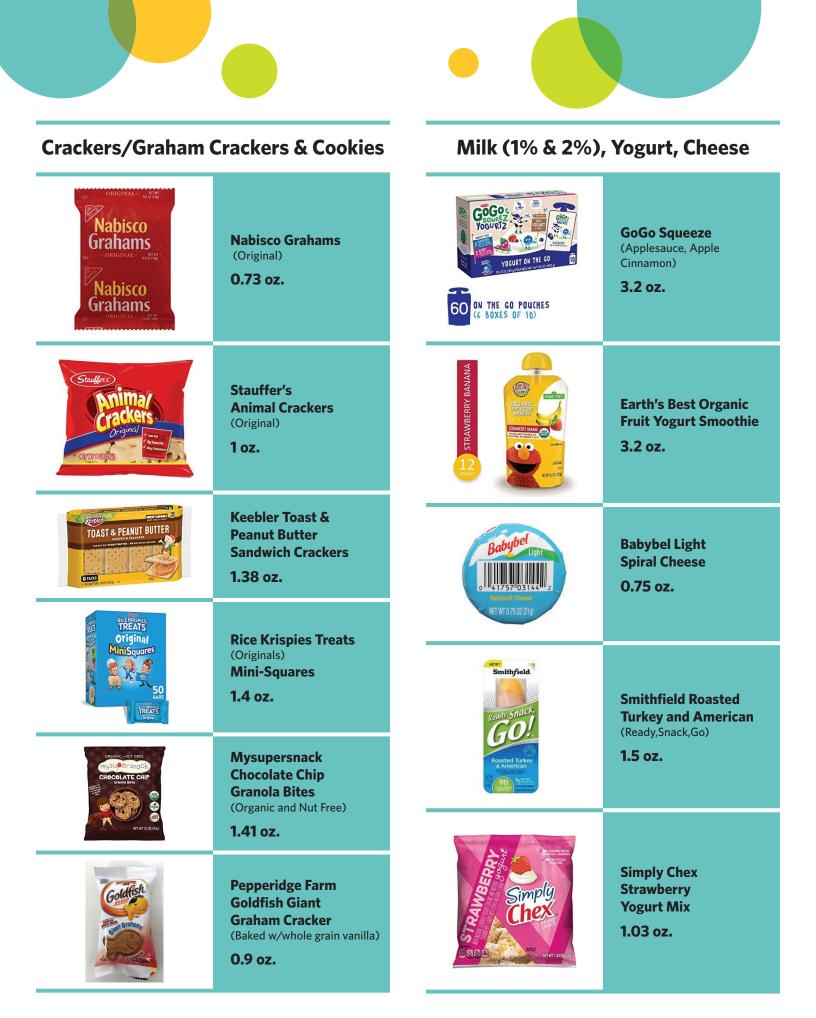
Clif Kid Z Bar (Chocolate Brownie)

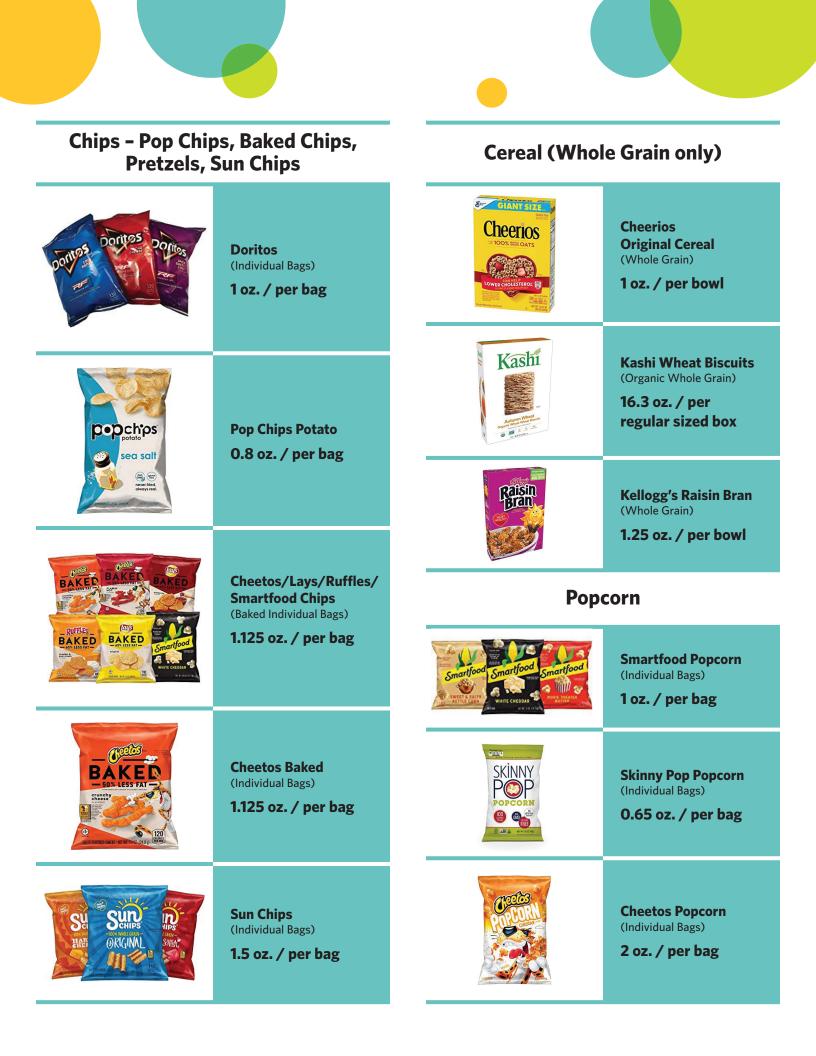
1.27 oz. per bar



Quaker Chewy Granola Bars (Reduced Sugar)

0.084 per bar









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

Provensional and the second se	Dole Fruit Cups (Variety of Fruits) 4 oz. / per cup	Planters Pistachio Lovers Mix Nuts 18.5 oz. / per can
Standarda Standards Standa	Mott's Apple Sauce (No Added Sugars) 4 oz. / per cup	KIND Healthy Grains Peanut Butter Whole Grain Clusters
NO SUGAR ADDED	Sunmaid Organic Raisins (Mini Snacks) 1 oz. / per bag	Jack Links Beef Jerky (Original) (Reduced Sodium)
	Mott's Assorted Fruit & Veggie Snacks 0.8 oz. / per bag	For a complete list of approved snacks, visit the USDA School Approved Snack List @ vistar.com/Resources/ USDA-School-Approved- Snacks
CORVERSION STREAM	Annie's Organic Fruit Snacks (Variety Pack) O.8 oz. / per bag	

Pop Tarts (Whole Grain) – Energy Balls (Fruit and Nut)



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!



sugar intake for children 2-18 years old is less than

25 grams or 6 teaspoons of added sugars daily.

Serving Size Matters!

CAPRISUN 100% JULICE Arrit

Capri Sun – Juice (100% Juice / No added Sugar)

6 oz.