

GROCERY STORE SNACK ITEMS

All food items shared in the classroom must follow the USDA Smart Snack guidelines.

For more information about Smart Snacks in Schools, visit

<https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>

Below is the district approved list of healthy snack options that can be found at your local grocery store.



Fresh Fruit

Whole fresh fruit



Fresh Vegetables

Whole fresh veggies



Canned or Cupped Fruit

Individual can/cup of fruit packed in 100% juice or light syrup (**NOT brand specific**)



Applesauce Cup

Individual cup of applesauce, unsweetened or no sugar added (**NOT brand specific**)



Squeezable Fruit Pouch

Individual pouch, squeezable fruit in a pouch Any flavor (**NOT brand specific**)



Danimals Fruit Smoothies

Individual bottle, yogurt fruit smoothie Any flavor



Yogurt Tube or Cup

Light or Low fat, Individual yogurt tube or cup Any flavor (**NOT brand specific**)



Snack Pack Pudding Cups

Individual cup of pudding, any flavor



Reduced Fat String Cheese

Any variety (**NOT brand specific**)



Craisins

1 oz. Individual box



Kellogg's Rice Krispy Treat

Original flavor, **WHOLE GRAIN** rice krispy bar Individual pkg



Raisins

1 oz. Individual box (**NOT brand specific**)



NutriGrain Soft Bake Bars

Whole grain. Any variety



Sun-Maid Sour Raisin Snacks

0.7 oz Individual pouches



Boom Chicka Pop

Individual Bag, Popcorn



Pirate's Booty Puffs

Individual Bag, popcorn puffs



Goldfish Crackers

Indiv. Bagged baked with whole grain



Lay's Baked Snack Bags

Whole Grain, Individual Bag. All varieties pictured.



Scooby-Doo! Baked Graham Crackers

1 oz. Individual Bags



Pop Chips, Sea Salt & BBQ

0.8 oz. Individual Bag



Belvita Bites Snack Packs

1 oz. Individual Bags



Bottled Water

Drinking water, any size (**NOT brand specific**)



Juice Cup, Juice Pouch, Juice Box, Juice Can

100% fruit juice, No sugar added, any flavor 8 oz or smaller (**NOT brand specific**)

Please Note: Even though a great deal of time is invested researching and keeping this menu up to date, never rely upon it as a sole resource for protecting a child with food allergies. Labeling laws do not require a manufacturer to disclose if a product is produced in a facility that also processes a known allergen. It is a voluntary statement. Always read the label before purchasing a product because a manufacturer may change their ingredients and processes at any time.

It is always up to the parent or guardian to consult with the manufacturer and make the final determination that a snack is safe for their child! Parents are welcome to provide an individual snack for their child with an allergy.