

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/cn/tools-schools-focusing-smart-snacks>

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**)



Snack Pack Pudding Cups
Individual cup of pudding, any flavor



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



Craisins
1 oz. Individual box



Sun-Maid Sour Raisin Snacks
0.7 oz Individual pouches



NutriGrain Soft Bake Bars
Whole grain. Any variety



Kellogg's Rice Krispy Treat
Original flavor, **WHOLE GRAIN** rice krispy bar
Individual pkg



Scooby-Doo! Baked Graham Crackers
1 oz. Individual Bags



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.



Belvita Bites Snack Packs
1 oz. Individual Bags



Pop Chips, Sea Salt & BBQ
0.8 oz. Individual Bag



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.