



Healthy Snack List

The following list includes foods and beverages which are considered healthy based on nutritional value. However, some items listed may not be safe for people with specific food allergies. Please know that every allergy is different and you will need to check with parents for more specific information.

Produce

Fresh Fruit and Vegetables (must be cut & prepared at school)

Dole, HyVee & Del Monte fresh fruit cups or fruit & gel cups

Musselman's or Hy-Vee Applesauce cups (No Sugar Added)

Raisin boxes

100% fruit juice

Dairy

Skim Milk

String Cheese Sticks

Hunts or Kraft snack pack puddings

Jell-O Calci-Yum Pudding cups (refrigerated)

Jell-O Gelatin cups (refrigerated)

Yoplait Trix, Gogurt, or Kids (Dora) Yogurt

Hy-Vee Yogurt-to-Go

Chips & Crackers

Baked Lays Chips- all flavors

Frito Lay Smart Mix Variety Sack (Baked Cheetos, Ruffles, Pretzels & Doritos)**

Frito Lay 100 calorie Mini-Bites (Doritos, Cheeto Asteroids, Sun Chips, Baked Cheetos)**

Baked Tortilla Chips – serve with salsa

Munchies, Quaker or Chex Mix – Kids Mix only**

Pepperidge Farm Goldfish- Parmesan, Calcium or pretzel flavors only**

Pepperidge Farm Goldfish On-the-Go (Colors or Cheddar)**

Rold Gold Honey Wheat Braided Twists pretzels

Reduced Fat Wheatables, Cheez-its, or Wheat Thins**

Wheat Thins Toasted Chips- multi-grain only**

Nabisco 100 calorie packs - all except Oreo flavor**

Nabisco 12 pack Ritz Bits, Peanut Butter flavor**

Nabisco 8 pack Cracker Sandwiches, cheese or peanut butter**

Nabisco Teddy Grahams Variety Pack

Nabisco Variety Pack (Cheese Nips, Ritz Bits, Mini-Chips Ahoy)**

Pringles Variety Pack

Kraft Handi Snack Packs: Ritz Crackers ‘n Cheez, Breadsticks ‘n Cheez, Pretzels ‘n Cheez (NOT Cookie Sticks ‘n Crème)

Quaker Rice Cakes, Multigrain Cakes, Multigrain Minis, Quakes Rice Snacks (any flavor)

Graham Crackers- any brand**

Animal Crackers**

Jolly Time “Healthy Pop” popcorn – all flavors

Cookies

Nabisco Chips Ahoy 12 pack

Twix Family Pack, Chocolate & Peanut Butter (NOT chocolate/caramel)**

Fig Newtons

Cereal (can be divided into snack bags)

Honey Nut or regular Cheerios**

Frosted or regular Mini Wheats**

Special K Snack Bites (found by granola bars)**

Nature Valley Fruit Crisps (found by granola bars)

Frozen snacks

Blue Bunny “Health Smart” Dream bars

Blue Bunny FrozFruit Bars (NOT Blue Bunny Sweet Freedom Supreme)

Blue Bunny Ice Cream or Sherbet Cups

Edy’s Whole Fruit Bars

Fudgsicles “The Original Brand”

Popsicles “The Original Brand” Orange-Cherry-Grape

Any type of Popsicle “The Original Brand” product:

Jell-O Brand pudding pop

Hy-Vee Fudge Bars, Galaxy Bars, Twin Pops, Sundae Cones, Ice Cream

Sandwiches, or Sundae Cups

100% fruit bars

**** May not be safe for peanut allergy**

This is not an exclusive list of products. If you have a question about whether a food meets the school’s criteria*, please call Renee Carver (dietitian) at 334-9061.

*** Criteria:**

30% or less calories from fat

480 mg or less sodium per serving

No more than 35% sugar by weight. (sugar from fruit not included in this)