

Treats & Snacks

Due to health concerns and scheduling, treats and snacks for any occasion must be arranged 3 days in advance with the classroom teacher using the [pre-approval form](#) located on the School and District website. All treats and snacks must be 200 calories or less per serving, store bought, and prepackaged in individual servings. No homemade treats or snacks are allowed at school. Treats and snacks must not require refrigeration and must have a clearly printed list of ingredients on the packaging. We strongly encourage you to select a treat or snack with nutritional value. Parents should check with teacher for special diet considerations.

Guidelines for snacks:

- 200 Calories or less per serving
- Treats must be pre-approved 3 days in advance by classroom teacher using the [pre-approval form](#).

Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below:

- Baked chips, (Doritos, cheetos)
- 100 calorie packs (cookies, crackers, all variety)
- Goldfish crackers
- Nutrigrain bars & granola bars
- Tostitos & salsa cups
- 4oz fruit cups (applesauce, mixed fruit, peaches etc)
- Fruit snack (read the label)
- Ice creams and sherbets (again read the labels and portion is key.)
- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit slices and wedges, melon, apples, peaches, pears, pineapple, oranges, etc.
- Cereal and low-fat / skim milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits, raisins, cranberries, apples, apricots
- Fruit smoothies made with fat-free or low-fat / skim milk
- Party mix (variety of cereals, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits, pudding cups
- Fat-free or low-fat milk and milk products (string cheese, cheese cubes, etc.)

**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*