

“Safe Snack List”

Please read all labels carefully

Parents are encouraged to send in foods high in nutritional value that will provide “fuel” for effective learning.

Fruits and Vegetables: **All**

Stop and Shop Delmontes and Motts applesauce

Dairy:

*Yogurt
Cheese / String cheese/ cottage cheese
Kraft pudding chocolate and vanilla
Hunts pudding chocolate, vanilla, milk chocolate and swirl
Nabisco Jello pudding bites, vanilla and chocolate,
strawberry*

Cookies/ Crackers:

*Keebler:
Club crackers
Vanilla Wafers
Grahams, chocolate, cinnamon
Town House crackers
Keebler / Sunshine Oyster crackers
Kraft:
Handi snacks crackers and cheese
Pretzels and cheese
Bread sticks and cheese
Nabisco:
Air Crisps, Plain Ritz, Vegetable Thins
Animal crackers
Better Cheddars
Teddy Grahams all flavors
Newton’s all flavors
Triscuits
Wheat thins
Nabisco / Sunshine Cheezits, Wheatables
Pepperidge Farm:
Goldfish
Quaker:
Crispums apple/cinnamon
Cinnamon and sugar*

Baked items:

*Entenmann’s Cereal Bites and blueberry muffins
Quacker fruit and oatmeal bars and bites
Kellogg’s Nutri Grain
Kellogg’s Rice Krispies treats*

Kashi Cereals:

*Honey Crunch Mighty Bites
Cinnamon Mighty Bars
Heart to Heart
Organic Promise Cinnamon bites
Organic Promise Autumn Wheat*

*Robert’s American Gourmet Snacks
Sunbutter products*

(This list is subject to change)

Chips:

*Frito Lay baked or low fat
Snyders of Hanover pretzel snap and sticks
Backman Pretzel sticks
Boston’s Buttered popcorn
Baked or low fat Wise brand chips
Reduced fat Cape Cod chips
Pringles
Buttered pop corn Pop-secret, Stop and Shop, Orville Redenbachers
Rolled Gold Pretzels
Smart Food popcorn*