



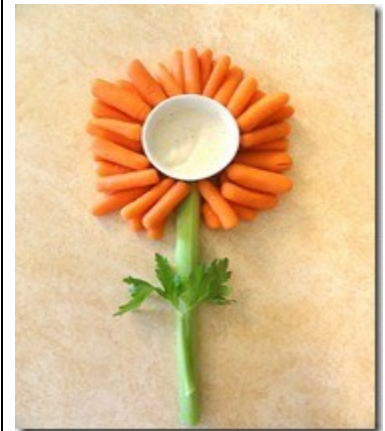
Healthy Classroom Snack Guidelines

To be considered a healthy snack choice, a single serving should contain no more than:

- 7 grams or less of fat
- 2 grams or less of saturated fat
- 0 grams of trans fat
- 15 grams or less of sugar (4.2 g equals 1 teaspoon)
- 250 milligrams or less of sodium
- No artificial sweeteners or colors

Water is the preferred beverage of choice

- Juice drinks for children in the age range of 13-18 should contain at least 25% juice
- Beverages with 10 mg or less of caffeine per 8 oz serving
- Water or flavored waters shall not contain added sugar or caffeine
- All low and reduced fat milks that include less than 26 g of sugar per 8 oz serving are acceptable



Acceptable Snacks for the Classroom

Fruits/Vegetables:

- ◇ Fresh Fruits– apples, apricots, berries, grapes, kiwi, mango, melon, nectarine, orange, papaya, peach, pear, pineapple, plum
- ◇ Dried Fruits
- ◇ Unsweetened applesauce
- ◇ 100% fruit popsicles
- ◇ 100% fruit leathers
- ◇ Raw Vegetables (low fat dip, salsa or hummus)- broccoli, carrots, cauliflower, celery, jicama, sweet bell peppers, cherry tomatoes

Whole Grains:

- ◇ Popcorn– air popped or low fat microwave
- ◇ Wholegrain pretzels
- ◇ Yogurt covered pretzels/raisins

Whole Grains Continued:

- ◇ Crackers-
 - * Graham crackers or sticks
 - * Triscuits, Wheat Thins, Vegetable Thin
 - * Cheez-its, Cheese Nips
 - * Ritz Crackers (not Ritz Bits or sandwiches)
 - * Saltines, Oyster Crackers
 - * Wheatables, Air Crisps
 - * Goldfish Crackers
- ◇ Pirates Booty
- ◇ Low fat breakfast, granola bars
- ◇ Wholegrain Pita
- ◇ Baked tortilla chips or soy chips
- ◇ Cereals
 - * Cheerios (not honey nut or frosted)

Whole Grains Continued:

- * Chex-rice, corn, wheat, Kix
- * Cinnamon Toast Crunch
- * Frosted Mini Wheats
- * Kashi Go Lean Friends, Heart to Heart
- * Life (not Vanilla yogurt crunch)

Protein:

- ◇ String Cheese
- ◇ Low fat yogurt (individual cups or tubes)
- ◇ Low fat pudding (individual cups)
- ◇ Drinkable yogurt or smoothies
- ◇ Cottage cheese
- ◇ Toby's tofu

