

SNACK OPTIONS - HEALTHY SNACKS

FRUITS/VEGETABLES

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, etc.)
- Applesauce cups (and assorted variety fruit flavored applesauce)
- Raisins, Craisins, and other dried fruits
- Fruit cups (peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc.)
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)
- Vegetable dips

CHEESE/DAIRY

- Yogurt in individual cups or tubes
- Pudding in individual cups, cans, or tubes
- String cheese or other cheeses (1 oz.)
- Drinkable yogurt or smoothies
- Cottage cheese

CRACKERS/SNACK ITEMS (most crackers now come in whole wheat)

- Crackers
 - Triscuits, Wheat Thins, Vegetable Thins (all flavors)
 - Ritz crackers/dinosaurs/sticks (*NOT Ritz bits or sandwiches*)
 - Town House, Club, Toasteds crackers
 - Cheez-Its, Cheese Nips, Better Cheddars
 - Saltines, Oyster crackers
 - Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
 - Breton/Dare brand crackers
 - Goldfish crackers
- Graham crackers, Graham cracker sticks
- Teddy Grahams or Teddy Graham character brands
- Bug Bites crackers
- Goldfish graham snacks
- Animal crackers (Austin Zoo, Barnum)
- Vanilla wafers
- Cereals

- Cheerios
- Chex (Rice, Corn, Wheat)
- Cinnamon Toast Crunch
- Corn Flakes
- Crispix
- Frosted Mini-Wheats
- Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart) cereals
- Kix
- Life
- Wheaties
- Other unsweetened cereal without nuts
- Small bagels (Lenders or Thomas brand) with cream cheese
- Popcorn
- Pretzels
- Nutrigrain cereal bars / yogurt bars
- Special K Bars
- Special K Snack Bites
- Fig Newtons (all flavors)
- Rice cakes
- Quaker Quakes (mini rice cakes) / Mini Delights (all flavors safe)
- Potato Soy Crisps
- Cheez-It Party Mix / Munchie Party Mixes

SPECIAL TREATS (We do not advocate denial of certain snack

**items for periodic celebrations
rather, we place the emphasis on
appropriate portions.)**

CAKES/CUPCAKES

- Hostess cupcakes,
Twinkies, Ho Ho's, Ding Dongs

COOKIES

- Kellogg's brand Rice Krispie Treats (original)
- Oreos (regular, Golden, or Minis)
- Keebler Fudge Stripes, Fudge Grahams,
Grasshopper Fudge Mint, E.L. Fudge
sandwich cookies (original and double stuffed)
- Gripz Chips Ahoy
- Any Dare Brand cookies (Hiller's carries)

DONUTS/MUFFINS

- Krispy Kreme donuts/donut holes
- Mini Donuts/Donut holes – Kroger brand
(powdered sugar, glazed, plain, cinnamon
sugar)
- Hostess brand (powder, frosted)
- Muffins – mini or regular – Hostess and Kroger
brands (any kind but banana nut)

CHIPS

- Bugles
- Cheetos
- Doritos
- Fritos
- Potato chips
- Pringles
- Sun Chips
- Tostitos

ICE CREAM/POPSICLES

- Popsicles
- Whole fruit bars
- Juice bars
- Fruit ice / Icee squeeze up tubes
- Orange push-ups
- Breyer's Vanilla ice cream
- Kroger brand – ice cream sandwiches,
strawberry shortcake bars, sundae cups

OTHER

- Fruit snacks (twists, gushers, roll-ups, etc.)
- Pop Tarts
- Pop Tart Snack Sticks