

SUGGESTED SAFE SNACK GUIDE

ALL SNACKS MUST BE PRE-APPROVED BY THE NURSE AND CLASS TEACHER AS THERE ARE ADDITIONAL SPECIFIC DIETARY CONCERNS FOR SOME CLASSES

- Whole Foods ("School Safe"), King Kullen ("Everyday Favorites"), Stop & Shop
- Fruits, Vegetables, Applesauce
- Crackers:
 - Nabisco - Ritz (no cheese varieties), Wheat Thins (original), Triscuit (original & thin crisp), Premium Saltine (regular, Mini & soup/oyster), Barnum's Animal, Honey Maid Graham (honey, original, cinnamon, gingerbread flavors only) 100 calories packs (Wheat Thins, Lorna Doone, Oreo)
 - Keebler - Club Crackers, Town House (original only)
- Chips & Pretzels:
 - Bachman (no flavors - plain only) Pretzel stix packs
 - Herr's Honey Wheat Whole Grain Pretzel Sticks
 - Utz Pretzel Sticks (Cinnamon, Country Stix, Butter Waffle, Honey Wheat Braided)
 - Utz Lowfat Baked Tortilla Chips
 - Sun Chips (Original, Harvest Cheddar, French Onion, Garden Salsa)
 - Frito-Lay - Sun Chips (original only) Fritos (original flavor only)
 - Lay's - Original and Baked Potato Chips
 - Pringles (Plain)
 - Wise -Potato Chips (plain), Dipsy Doodles, Onion Rings
 - Skinny Pop Popcorn (original & salt/pepper only)
 - Munchos Potato Crisps
 - Stacy's Pita Chips (cinnamon, simply naked varieties)
 - Tostitos - Scoops, Restaurant Style, Crispy Rounds, Tostitos Salsa
 - Shop & Stop Nature's Promise - Natural Vegetable Chips & Sticks
 - Pirates' Booty (Aged White Cheddar, Sour Cream & Onion, New York Pizza)

- BREAKFAST TREATS, GRANOLA & ENERGY BARS
 - Kellogg's - PopTarts- (only some varieties-READ LABELS)
 - Enjoy Life Cereal Bars
 - Made Good Granola Bars & Minis
 - Raisins - NOT yogurt or chocolate covered
 - Coconut Milk
 - Don't Go Nuts Energy Bars
 - Enjoy Life Baked Chewy Bars
 - Made Good Granola Bars

- COOKIES
 - Enjoy Life Brands - all varieties
 - Nabisco - Teddy Grahams, Lorna Doone, Mini Fig Newtons
 - Oreos (NOT cakesters, NOT fudge/white fudge or milk chocolate covered, Not oreo brownies, NOT peanut butter)
 - Chips Ahoy 9Chocolate,Reduced Fat, Chunky, Chewy, Mini)
 - Keebler - Grahams (original & cinnamon), Scooby Doo Graham Cracker Sticks, Teddy Grahams (honey, cinnamon)
 - SnackWell's (Sandwich Crème, Chocolate Chip Cookie Bites)
 - HomeFree Gluten Free Cookies (Chocolate Chip, Oatmeal, Vanilla)
 - ShopRite Scrunchy Animal Crackers

- RICE CAKES
 - Quaker Quakes Rice Snacks (Caramel Corn, Nacho Cheese, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion)
 - Lundberg Organic Rice Cakes (with popcorn, Brown Rice, Mochi Sweet, Sweet Green Tea)

- ICES (NOT ICE CREAM)
 - All water-based ices
 - Marino's Italian Ices
 - Luigi's Real Italian Ice (6 Pack Variety)
 - Coconut Milk Ice Cream Only
 - Foozer (Blue Aloha, Strawberry Bliss, Tropical Sunset)
 - PhillySwirl - Organic Jungle Swirls
 - Breyers Pure Fruit Bars
 - Minute Maid Juice Bars
 - Dole Fruit Bars (Variety 12 Pack)