

## **Foods Sold In School**

The only beverages available for students during the school day are milk, 100% fruit juice and water (Plain and Flavored).

### Guidelines for school snacks:

All packaged snacks must be single serving sizes, check the labels and pick products that have :

6 grams or less of fat per serving

7 grams or less of sugar

Under 300 mg of sodium

Minimal to no trans fatty acids

The following is a list of suggested packaged snacks that can be purchased through the district's foodservices department.

- Baked Lays potato chips
- Baked Lays BBQ chips
- Baked Doritos Nacho
- Baked Doritos Ranch
- Baked Ruffles
- Baked Cheetos
- Rold Gold pretzels
- Chex mix and Honey nut Chex mix
- Baked Cheetos
- Munchies Mix
- Smart Popcorn
- String cheese
- Fig Newtons
- Goldfish crackers
- Nutrigrain bars
- Teddy Grahams
- Animal crackers(Iced and Chocolate)
- Chewy Granola bars ( all flavors)
- Milk and cereal bars
- Yogurt and Go-gurt
- Oatmeal crisp fruit n cereal bar
- Quaker Caramel rice cakes
- 100 calorie pack oreo and chips ahoy crisps
- Fruit roll –up, fruit by the foot