

Approved Snack List

Pretzels:

Utz Pretzel Sticks - Cinnamon, County Stix

Pepperidge Farm - Goldfish Pretzels

Rold Gold- Thins, Sticks, Rods, Tiny Twists

Chips:

Tostitos - Multigrain, Multigrain Scoops

Baked Ruffles - Original

Baked/Reduced Fat Doritos

Baked Lay's - Original, Sour Cream

Popchips - All flavors

Rice Cakes:

Quaker Quakes Rice Snacks

Lundberg Organic

Popcorn:

Smartfood- Reduced Fat

Wise - Original Butter

Utz Popcorn - Butter, cheese

Crackers:

Goldfish - Baby Cheddar, Cheddar, Whole Grain, Saltine, Parmesan

Keebler Club - Multi-grain, Mini Multi-grain

Town House - Wheat, Original

Whole Grain Cheezits

Fruit Cup:

Canned in water, 100% fruit juice or light syrup

Fresh Fruits and Veggies:

Such as grapes, apples, oranges, peaches, plums, strawberries, watermelon, bananas, carrots, celery, and broccoli, etc.

Dairy products:

Fat free, 1%, 2% milk

Low fat cheese and yogurt

Granola/ Trail Mixes/Seeds:

Enjoy Life Seed and Fruit Mixes

Enjoy Life Granola - Very Berry Crunch

Made Good Products

Cereal Bars:

Nutri Grain cereal bars- blueberry, strawberry, apple cinnamon, mixed berry, raspberry and cherry

Nut Butter Alternatives:

Trader Joe's Sunflower Seed Butter

Wowbutter

Sunbutter

Don't Go Nuts – Soy Butter

Sneaky Chef Foods – No-Nut Butter

Biscoff Butter