

OZARK SCHOOL DISTRICT GUIDELINES FOR CELEBRATIONS

Examples* of snacks that MEET the recommended criteria as **Healthy Snacks:**

*this is not a definitive list; just examples that fit as healthy snacks

SNACK ITEM:	CALORIES:	GRAMS OF FAT:	GRAMS OF SUGAR:
Snyder's of Hanover Mini Pretzels	160 calories per bag	0.5g	1g
OTHER EXAMPLES:			PORTION SIZE:
Fresh Fruit: - apple, banana, orange, pear, tangerine, grapes			Medium Size
Canned/Dried Fruit: Del Monte canned fruit, lite diced peaches, mixed fruit, Dole fruit cup, raisins			4 oz. packages
Cookies and Crackers: Austin Zoo Animal Crackers, Chips Ahoy! 100 Calorie Packs, Goldfish Crackers, Keebler Animal Crackers			1 oz or less serving size
Breakfast: Nature Valley Granola Bars, Quaker Breakfast Squares, Team Cheerios Cereal Bar, Trix Cereal Bar, Belvita Golden Oat Breakfast Biscuits			1 bar
Little Debbie & Sunbelt Snacks: Angel Cakes--Raspberry (46g size pkg); Fudge Brownies--reduced fat (54g size pkg); Oatmeal Cream Pies--reduced fat (38g size pkg); Fruit & Grain Cereal Bars (39g size pkg)			1 portion
Pudding: Hunt's fat free pudding snack pack--chocolate, vanilla, tapioca; Sugar Free Snack Pack Pudding (70 cal/3g fat/0g sugar)			92g - 99g pudding cup size
Chex Mix: Sweet & Salty; Honey Nut; Trail Mix; Traditional (1.75 oz packages)			1 Package
Yogurt: Trix (4 oz); Yoplait Trix (4 oz); Dannon Fruit Blend (6 oz)			1 Portion
Fruit Roll-Ups: Strawberry & Tropical Tie-Dye			1 Portion
Popcorn: Skinny Pop Popcorn (100 cal/6g fat/0g sugar)			1 Package
Cheese Sticks: Cheese Heads Light String (50 cal/2.5g fat/0g sugar); Kraft String Cheese (80 cal/6g fat/0g sugar)			1 Package
Raisins: Sun-Maid (1 oz package)			1 Package

Non-nutritional Snacks Allowable for Student Birthdays and Classroom Parties:

*If you choose to bring from the list below, please ensure they meet the corresponding guidelines

PREPACKAGED SNACK ITEM:	CALORIES:	GRAMS OF FAT:	GRAMS OF SUGAR:
Cupcakes (equal to 2 mini-cupcakes)	Not to exceed 140 calories per serving	Not to exceed 10g	Not to exceed 14g
Individual bags of chips	Not to exceed 160 calories per bag	Not to exceed 10g	Not to exceed 2g
Sugar cookies with icing (1 cookie per serving)	Not to exceed 100 calories per serving	Not to exceed 6g	Not to exceed 7g
Other cookies	Not to exceed 170 calories per serving	Not to exceed 10g	Not to exceed 14g
Muffins or donuts (per serving)	Not to exceed 160 calories per serving	Not to exceed 10g	Not to exceed 14g