Smart Snacks

WG = Whole Grain

Baked Chips

Annie's Bunny Grahams, WG

Cheddar Goldfish Crackers, WG

Teddy Grahams, WG

Quaker Kid's Snack Mix, WG

Simply Cheddar Chex Mix, WG

Popcorn

Elf Grahams, WG

Crispy Rice Bar, WG

Nutrigrain Bar, WG

Fresh Fruit

100 Calorie Packs – Cheese Nips, Wheat Thins, WG

Cheez-It Crackers, WG

Crunch Mania, WG

Appleways Chocolate Chip Soft Oatmeal Bar, WG

BeneFit Bars, WG

Darlington Iced Cinnamon Breakfast Bars, WG

Mini Treats Chocolate Chip Cookies, WG

Animal Crackers, WG

Frito-Lay Munchies, WG

Scooby-Doo Graham Crackers, WG

Raisins

Fruit Leathers

Nuts

Mini Rice Cakes

Dry Cereal, WG – Cheerios, Mini Wheats, Rice Chex, Corn Chex, Wheat Chex, Reese's Puffs (watch peanut allergies), Cocoa Puffs, Trix, Lucky Charms

Cookies, WG

Raw Veggies

Fresh Fruit Wedges

Frozen Fruit Pops with Fruit Juice or fruit as the first ingredient

Dried Fruits – Raisins, Cranberries, Apples, Apricots

Single serving applesauce or canned fruit in juice

Peanut Butter with Apple Wedges or Celery Sticks

Fruit Smoothies made with Fat Free or Low-Fat Milk

Trail Mix (dried fruit and nuts)

Party Mix (variety of cereals, nuts, pretzels, etc.)

Baked Corn Chips with Salsa

Fat Free or Low-Fat flavored Yogurt & Fruit Parfaits

Fat Free or Low-Fat Pudding Cups

Fat Free or Low-Fat Milk & Milk Products (String Cheese, single-serving Cottage Cheese, Cheese Cubes)

Welch's Fruit Snacks

Hershey and Blue Bunny Smart Snack Ice Cream Novelties

Beverages

100% Fruit Juice

Water

Fat Free or Low-Fat Milk