



School Day Snacks

A Healthful Guide

Classroom snacks can be a great way to bridge the gap between meals and keep kids fueled for learning. We recognize that some students may perform better and feel more satisfied when allowed a snack break, and we support students having an opportunity to consume a nourishing snack during the school day.

When you are packing a snack for only your child to consume, you are free to pack whatever you like, provided relevant classroom allergies and food safety are considered. If snacks are being provided to the entire class, we recommend that classroom snacks comply with Colorado Smart Snack Standards* which are set by the state as the nutritional guidelines for foods offered on school campuses. The items listed below meet the Colorado Smart Snack Standards.

Common Smart Snack Compliant Items

- Fresh fruit - bananas, tangerines, apples
- Dried fruit or fruit and nut bars - That's It bars, mini Lemon Lara Bars
- Unsweetened applesauce cups or pouches
- Granola or grain bars - Kirkland chewy bars, Nutri Grain bars, CLIF Zbars, Quaker Chewy bars
- Whole grain pretzels or crackers - Triscuits, Wheat Thins, Goldfish Pretzels (Made with Whole Grain variety)
- Whole grain graham crackers - Teddy Grahams, Annie's Honey Grahams, Scooby Doo Baked Graham Cracker Snacks
- Trail mix made with only dried fruit and nuts or seeds
- Roasted legume snacks - Good Bean Roasted Chickpeas, Bada Bean Bada Boom Crunchy Broad Beans
- Dry roasted nuts or seeds
- Air popped popcorn or 94% fat-free packaged popcorn

Check with your child's teacher regarding classroom allergies prior to sending items containing common allergens such as peanuts and tree nuts.