

Safe Snack and Party List

The guidelines below should be for rare and special occasions only (such as: birthday and holiday parties). Consider skipping treats and snacks in favor of time and attention. What students and educators will tell you is that they would prefer doing an activity such as a game or craft. Such activities have a lasting impact and improve learning.

MOST IMPORTANT

1. All foods should be pre-approved by your child's classroom teacher.
2. You will notice that some of the items on the list are what we would refer to as "empty calorie" foods such as potato chips and candy.
3. All snacks should be individually packaged, and include carbohydrate counts for our students with diabetes. No home made foods permitted.
4. It is imperative that you keep the school nurse aware of any food reactions, so we can update this information in our student information system.
5. Please keep things simple.

FRESH FRUITS AND VEGGIES

- Fresh Fruits and Vegetables are always welcome. However, there may be a student in your child's classroom with a fruit or vegetable allergy. Please ask your child's teacher what fruit/vegetable should NOT be brought into this classroom. No dips please

PRETZELS

- *Herr's* – Extra Thin, Rods, Whole Grain Pretzel Sticks Honey Wheat
- *Rold Gold* – Thins, Sticks, Rods, Tiny Twists
- *ShopRite* – Mini, Mini Fat Free, Thin, Thin Fat Free, Waffle, Rods, Stick Pretzels Fat Free
- *Newman's Own* – Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
- *Pepperidge Farm Goldfish Pretzels*
- *Philly Soft Pretzel Factory* - plain and salt
- *Utz* – Halloween Pretzel Treats, Pretzel Rods, Thin Pretzels

POPCORN

- *Smartfood* – White Cheddar, Reduced Fat, Movie Theater Butter
- *Utz Popcorn* – Butter, Cheese, White Cheddar
- *Wise* – Original Butter, White Cheddar

CHEESE SNACKS

- *Cheetos* – Puffs, Puffs Honey BBQ, Crunchy, Flamin' Hot Crunchy, Baked
- *Herr's Baked Cheese Curls*
- *Pirate's Booty*–Aged White Cheddar, Sour Cream & Onion, New York Pizza
- *Utz* – Cheese Curls, Crunchy Cheese Curls, Cheese Balls, Hot Cheese Curls, Hot Cheese Balls, Hot Crunchies, Halloween Mini Cheese Ball Treats
- *Wise Cheez Doodles* – Puffed, Puffed O's, Crunchy

POTATO CHIPS

- *Baked Ruffles* – Original, Cheddar & Sour Cream
- *Baked Lay's* – Original, Sour Cream & Onion, Parmesan and Tuscan Herb

- *Cape Cod* – Original, Sour Cream & Green Onion
- *Herr's* – Crisp 'n Tasty, Ripples, Sour Cream & Onion, Barbecue, Salt & Vinegar, Lightly Salted
- *Lay's* – Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream
- *Pirate's Booty Veggie Chips*
- *Pringles* – Original, Reduced Fat, BBQ, or Snack Pack Original
- *Ruffles* – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream
- *ShopRite* – Original, Krinkle Cut, No Salt Added, Salt & Vinegar, Barbecue
- *Utz* – Original, Ripples, Wavy, Sour Cream & Onion, No Salt added, Salt 'n Vinegar, Baked Original
- *Wise* – All Natural, Lightly Salted, BBQ, Unsalted, Salt & Vinegar, Onion & Garlic, Honey BBQ

RICE SNACKS

- *Quaker Quakes Rice Snacks* – Caramel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion

CORN/TORTILLA CHIPS

- *Doritos* – Nacho Cheese, Cool Ranch, Spicy Nacho, Tacos Flavor, Spicy Sweet Chili, Toasted Corn Pizza Supreme
- *Utz Corn Chips* – Regular, BBQ
- *Herr's* – Restaurant Style, Bite Size Dippers
- *Santitas* – Tortilla Triangles
- *Stacy's Pita Chips* – Simply Naked, Cinnamon Sugar, Parmesan Garlic & Herb
- *Sun Chips* – Original, Harvest Cheddar, French Onion, Garden Salsa, Jalapeno Jack
- *Tostitos* – Restaurant Style, Scoops, Crispy Rounds, Multigrain, Multigrain Scoops, Bite Size, Hint of Jalapeno, Hint of Lime, Roasted Garlic & Black Bean, Fire-Roasted Chipotle
- *Utz Tortilla Chips* – Restaurant Style, White Corn, Baked Original

GRAHAM CRACKERS

- *Nabisco Grahams* – Original
- *Nabisco Honey Maid* – Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate
- *Goldfish Grahams* – Cinnamon, Vanilla, Chocolate, Chocolate Chip
- *Keebler Grahams* – Original, Cinnamon, Honey
- *Keebler Scooby-Doo Graham Cracker Sticks* – Honey, Cinnamon
- *ShopRite* – Sugar Honey Grahams, Sugar Honey Grahams Low Fat, Chocolate Grahams, Cinnamon Grahams, Cinnamon Grahams Low Fat
- *Teddy Grahams* – Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini

CRACKERS

- *Cheese Nips* – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants
- *Cheez-It* – Original, Reduced Fat, White Cheddar
- *Goldfish* - Saltine, Cheddar, Whole Grain, Pizza, Parmesan, Baby Cheddar, Colors, Mix-Up, Pretzel
- *Keebler Club* – Original, Reduced Fat, Multi-Grain, Buttery Garlic, Minis Original, Minis Multi-Grain
- *Keebler Club Snack Sticks* - Original, Honey Wheat
- *Keebler Townhouse* – Original, Wheat, Reduced Fat
- *Keebler Wheatables* – Golden Wheat, Toasted Honey Wheat
- *Kraft Handi-Snacks Ritz Crackers 'n Cheese Dip*
- *Kraft Handi-Snacks Premium Breadsticks 'n Cheese Dip*
- *Kraft Handi-Snacks Mister Salty Pretzels 'n Cheese Dip*
- *Nabisco Premium Saltines* – Original, Unsalted Tops, Hint of Salt, Fat Free, Whole Grain, Minis

- *Sunshine Saltines* – Krispy Original
- *Triscuit* – Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Roasted Garlic
- *Wheat Thins* –Original, Reduced Fat, Hint of Salt, Ranch, Whole Grain, Multi-Grain

NUTRITION BARS, CEREAL BARS and TOASTER PASTRIES

- *Nutri Grain Cereal Bars* – Blueberry, Apple Cinnamon, Blackberry, Raspberry
- *Special K Bar* – Blueberry, Chocolatey Drizzle, Raspberry Cheesecake, Vanilla Crisp
- *Kellogg's Rice Krispies Treats* – Original
- *Kellogg's Pop Tarts* – Brown Sugar, Cinnamon, Blueberry Unfrosted, Frosted Cherry, Frosted Berry

COOKIES

- *Oreos* – Original, Reduced Fat, Double Stuf, Cool Mint, Golden, Golden Double Stuf, Chocolate, Golden Chocolate, Sugar Free, Halloween, Triple Double, Double Stuf Heads or Tails, Mini
- *Kraft Handi-Snacks Oreo Cookie Sticks 'n Creme Dip*
- *Chips Ahoy* – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, Halloween, Mini •
- *Newtons* – Original Fig, Fat Free, Whole Grain, Raspberry
- *ShopRite Scrunchy Animal Crackers*
- *ShopRite ABC Cookie Squares*
- *Barnum's Animal Crackers* – Original
- *Keebler Vanilla Wafers* – Original, Mini
- *Nabisco Ginger Snaps*
- *Lorna Doone Shortbread Cookies*

FRUIT SNACKS

- Betty Crocker Fruit Roll-Ups
- Fruit by the Foot
- Fruit Flavored Snacks
- Fruit Gushers

ICE CREAM

- Store brand – Vanilla & Chocolate Ice Cream Cups, Ice Cream Sandwiches
- Turkey Hill Ice Cream Sandwiches – Vanilla Bean, Low Fat Vanilla Bean, Double Decker Turkey Hill – Original Vanilla, Vanilla & Chocolate
- Breyers- Black Raspberry Chocolate, Chocolate Chip, Extra Creamy Vanilla, Peach, Triple Chocolate

POPSICLES AND ICES

- Breyers Pure Fruit Bars – 12 Pack: Orange, Raspberry
- Dole Fruit Bars – Variety 12 Pack: Grape, Raspberry
- Luigi's Real Italian Ice- 6 Pack Varieties: Cherry, Lemon, Mango, Watermelon & Blue Raspberry
- Marino's Italian Ice- 12 Pack Varieties: Blue, Bubble Gum, Cherry, Chocolate, Cola, Grape, Lemon, Lime, Mango, Orange, Pineapple, Rainbow, Tropical, Watermelon
- Minute Maid Juice Bars- 12 Pack Varieties: Cherry, Grape, Orange
- Rita's Water Ice: Any Fruit Flavor (no custard)
- Shoprite Red, White & Blue Pops 12 Pack