

# District Approved Snack List\*

Whether for consumption in the classroom or at school-sponsored meetings or activities, all foods must be safe for all students to eat.

## CHIPS/POPCORN

- **Baked Lays** – Original, Sour Cream & Onion, BBQ
- **Baked Ruffles** – Original, Cheddar & Sour Cream
- **Cape Cod (GF)** – All types (Classic, Waves, Less-Fat, and Waffle Cut)
- **Enjoy Life Lentil Chips (GF)**
- **Kroger -Variety Snack Sack Chips** (18 ct/1 oz) Sour Cream & Onion, Sweet and Mesquite BBQ, Salt and Vinegar, Classic
- **Late July (GF) 0 Multi-Grain Tortilla Chips** (all kinds)
- **Late July Dippers Tortilla Chips (GF)** – Sea Salt, Blue Corn
- **Late July (GF) – Restaurant Style Tortilla Chips** (Sea Salt, Chia & Quinoa, Sea Salt & Lime, Blue Corn, Jalapeno & Lime)
- **Late July Popcorn (GF)** – Sea Salt, White Cheddar, Kettle
- **Popchips (GF)** – Barbeque, Cheddar& Sour Cream, Sea Salt, Sour Cream & Onion, Fully Loaded, Crazy Hot, Aged White Cheddar, Fiery Buffalo
- **PopCorners** – All Flavors of PopCorners Flourish, Flex
- **Pringles** – Snack Stacks Pack, Original, Cheddar, Sour Cream & Onion
- **Skinny Pop Popcorn (GF)** – All Flavors
- **Skinny Pop Popcorn Mini Cakes (GF)** – All Flavors
- **Wise Potato Chips** – Barbecue (kettle), BBQ, Cracked Pepper (kettle), Golden Original, Grilled Cheeseburger, Lightly Salted, Original (kettle), Reduced Fat Barbecue (kettle), Honey Barbecue, Reduced Fat Original (kettle), Unsalted
- **Wise Ridgies Potato Chips** – Barbeque, Cheddar & Sour Cream, Original, Sour Cream & Onion, Dill Pickle

## PRETZELS/CHEESE PUFFS

- **Cheetos** – Individual Bags Simply Puffed White Cheddar Cheese, Simply Crunch White Cheddar Cheese, Crunch Cheese Flavored
- **Pepperidge Farm** – Goldfish Pretzels
- **Pirate's Booty Cheese Snack (GF)** – Aged White Cheddar, Cheddar Blast, Smart Puffs, Crunch Attack
- **Wise Cheese Doodles** – Extreme (Crunchy) Puffed (Cheese, White Cheddar, Honey BBQ, Crunchy Cheddar (GF), Cheddar Balls (GF)
- **Rold Gold Pretzels** – Thins, Sticks, Rods, Tiny Twists, Tiny Twists Cheddar, Honey Wheat Braided, Butter Snaps, "Heartzels" and Football Shapes
- **Snyder Pretzels** – Individual bags of Mini Pretzels, Individual Pretzel Pieces Variety Pack in Hot Buffalo Wing, Honey Mustard and Onion, Cheddar Cheese

*\*This District Approved Snack List does not take into account all food allergens, nor does it provide a 100% safeguard for the manufacturing facilities that prepare and package these snacks. The District Approved Snack List is a researched list of health-oriented products.*

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Whether for consumption in the classroom or at school-sponsored meetings or activities, all foods must be safe for all students to eat.

- Send items to school **in their original, sealed packaging bearing the ingredient label.**
- Double-check ingredient labels at the time of purchase to verify that there are no peanuts or tree nuts (e.g. almonds and walnuts) or cross-contamination statements. **Manufacturers' ingredients can change without warning.**
- As always, please coordinate with teachers and administrators before bringing snacks into PK-6 classrooms. **This list does not cover all food allergens. Thank you!**

## FRUITS/DRIED FRUITS

- **Fresh Fruit (GF)**- whole and uncut apples, bananas, clementines
- **Sun Maid Raisins Individual Boxes (GF)** – Regular, Sour Lemon Golden Raisins, Sour Watermelon Golden Raisins, Sour Strawberry Golden Raisins
- **GoGo Squeez Applesauce Pouches (GF)** – Applesauce on the Go, Organic Applesauce, Fruit and Veggiez
- **Kroger Apple Cinnamon and Apple Strawberry Applesauce Variety Pouches** (12 ct/3.2 oz), (24 ct/3.2 oz)
- **Mott's (GF)** – Fruity Rolls
- **Zee Zee's Applesauce (GF)** –All flavors
- **That's It Fruit Bars (GF)** – All Flavors
- **Peaceful Fruits (GF)** – Fruit Tape, Fruit Candy, Peel -n-Eat Stickers, Dots, Laces, Stacks

## CRACKERS

- **Cheez It Crackers – Snack Pack Sizes in** Original, White Cheddar, Cheddar Jack
- **Cheez It Snap'd** – Double Cheese, Cheese & Sour Cream & Onion
- **Cheez It Puff'd** – Double Cheese
- **Goldfish Crackers** - Baby Cheddar, Cheddar, Colors, Mix-Up, Parmesan, Pizza, Saltine, Whole Grain
- **Kraft Handi-Snacks** – Mr. Salty Pretzels 'n Cheese Dip
- **Nabisco Premium** – Soup & Oyster Crackers
- **Triscuit** – Original, Reduced-Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Triscuit Minis Original, Triscuit Thin Crisps (Original), Parmesan Garlic, Four Cheese)

## CHEESE/YOGURT

- **Frigo Cheese Sticks (GF)** – 1oz Cheeseheads in String, Gouda, Mild Cheddar, Swirls Cheddar, Mozzarella, Swirls Colby Jack
- **Horizon Cheese (GF)** – Shapes, String, Sliced
- **Kraft Cheese (GF)** – Cubes and Sticks
- **Dannon Danimals (GF)** Yogurt Cups, Pouches, and Smoothies
- **Yoplait Go-Gurt (GF)**
- **Yoplait Original (GF)**  
(8 pack/6 oz) Strawberry & Peach, Strawberry Banana, Strawberry, Mountain Berry, Mixed Berry, Peach, Vanilla  
(8 pack/4 oz) Strawberry, Strawberry Banana, Strawberry & Blueberry, Raspberry, Cotton Candy and Wild Berry, Cotton Candy and Strawberry
- **Stonyfield Organic (GF)** smoothies (12pk/3.1 fl.oz.) tubes, pouches

## GRAHAM CRACKERS

- **Kroger Chocolate Animals Graham Crackers** (9 oz)
- **Nabisco Honey Maid Graham Crackers** – Honey, Honey Low-Fat, Cinnamon, Chocolate, Low-Fat Cinnamon, Fresh Stacks
- **Teddy Grahams Graham Crackers** – Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini

## GRANOLA BARS

- **Enjoy Life Baked Chewy Bars (GF)** – All Flavors
- **Enjoy Life Enjoy Bites (GF)** – All Flavors
- **Made Good (GF)** – Granola Bars, Drizzled Granola Bars, Granola Minis and Crispy Squares
- **Zee Zee's Soft Baked Bars** – All Varieties





## SNACKS & TREATS

All snacks that are brought in for treats and snacks **MUST** meet the USDA Smart Snack nutrition standards and be store bought items.

This includes

- Birthday Treats
- Classroom Snacks
- Classroom Treats
- Celebration Treats

Please see the nutrition requirements (to the right) to assist you to make sure it meets all the USDA Smart Snack requirements.

### The 1st Ingredient Must Be:

- Whole Grain
- Fruit
- Vegetable
- Dairy
- Meat

**Calories:** 200 or less

**Total Fat:** less than 35% of the calories

**Saturated Fat:** less than 10% of the calories

**Trans Fat:** 0g

**Sodium:** 200mg or less

**Total Sugar:** 35% or less of weight



## Nutrition Facts

About 9 servings per container  
**Serving size** About 1 3/4 cups (28g)

**Amount per serving**  
**Calories** **160**

% Daily Value\*

<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 2g	
<b>Protein</b> 4g	

## WHY?

The Nebraska Department of Education requires that all food items meet the Smart Snack nutrition standards. To be a school in Nebraska, we must comply.



## DRINKS AND BEVERAGES

**Water** is the only beverage students may bring from home or for a classroom treat. No juices, sodas, or flavored drinks are allowed on school campus.

## STEPS TO BRINGING IN TREATS AND SNACKS

**1**

### Communication

Communicate with your child's classroom teacher on date you wish to bring in food and what item you will be bringing.

**2**

### Selection

Once confirmed with the teacher, make sure the food item meets the USDA Smart Snack

**3**

### Distribution

Send the treat with your child to school on the selected date and they will work with their teacher on the distribution of the