



Snacks for Classroom Celebrations

Food served in classrooms is encouraged to meet district wellness guidelines. Below is a sample list of items approved for Healthy Celebrations for your child's classroom. These items are available from local stores and or the district's Nutrition Services Department.

- *Fresh Fruit Platter Commercially Produced Ready to Serve
- *Cinnamon, Honey, Chocolate, & Chocolate Chip Teddy Grahams 1.25 oz.
- *BelVita Soft Baked Oats & Chocolate Or Banana Bread Bar 1.76 oz
- *Whole Grain Cheez-It or Goldfish Pack
- *Chewy Granola Bar 0.84oz
- *Act II Fat Free Butter Popcorn Bags
- *Betty Crocker Chocolate Chip Oatmeal Bar 1.24oz
- *Doritos Reduced Fat Cool Ranch or Nacho Cheese Tortilla Chips 0.70 oz
- *Baked Lays BBQ, Original, Sour Cream & Onion, or Cheddar Potato Chips 0.875 oz
- *Fresh Vegetable Platter with or without Dip Commercially Produced Ready to Serve
- *Rice Krispy Treats .78 oz. (whole grain brown rice)
- *Frito-Lay Munchies Munch Mix Snack Mix
- *Kellogg's Whole Grain Pop Tarts - All Flavors
- *Cheese Sticks 1 oz.
- *Yoplait Reduced Fat Yogurt - All Flavors
- *Dannon Danimals Yogurt Smoothies 4 oz
- *Natural Applesauce Cups 4 oz.
- *Sun Maid Mini Box Raisins 1 oz.
- *Minute Maid 100% Frozen Fruit Bars (Cherry, Orange, Grape)
- *Ice cream bars less than 150 calories each, milk must be first ingredient
- *Trail mix with only dried fruits and nuts and/or seeds, without added sugars or fats
- *100% Fruit or Vegetable Juice Without Added Sugars
- *Unflavored or Flavored Low-Fat & Fat-Free Milk

Healthy Celebrations Guidelines:

- ★ All snacks must be 200 calories or less
- ★ All snacks must be less than 35% sugar by weight
- ★ Must contain no more than 200 mg sodium per serving
- ★ Must contain 0 grams trans fat
- ★ Must contain less than 35% of calories from total fat

No homemade snacks are allowed as regulated by health code. For more specific questions please call Nutrition Services @ 503.565.4047

This institution is an equal opportunity provider.