

# Classroom Snack Guidelines



Any treats or snacks **must be store bought in original packaging with ingredient list and nutrition information.** Prepackaged snacks must comply with the fat and sugar limits of the Texas Public School Nutrition Policy.

## Some examples of healthy snack products:

Animal crackers	Fresh fruit - bananas, grapes, apples, etc	Whole grain muffins (store packaged only)
Graham crackers	Granola bars	Applesauce/Fruit Cups
Whole Grain Crackers	Whole grain fruit bars	Sugar Free Pudding and/or Jello
Dried fruit	Teddy Grahams	Peanut butter and crackers (if no allergies in classroom)
Fruit, nut &/or grain trail mixes	Flavored Rice cakes	Fig Newtons
Fat-free popcorn	Fruit-flavored snacks (made with 100% fruit juice)	Whole grain dry cereal
Goldfish, Cheez Its	Pretzels	Baked chips
Beef jerky	Fruit juices (made with 100% fruit juice)	Vanilla wafers
Carrots, broccoli, cauliflower (store packaged only)	Low-fat string cheese	<b>NO CHOCOLATE</b>

*Please keep this sheet as a reference when sending classroom snacks with your child.*

