

In compliance with SCCS's Wellness Policy, the following snacks have been approved for classroom treats. When selecting treats to share within a classroom, please remember to select small portion sizes and avoid large sizes that contain more than a "single" serving.

RECOMMENDED CLASSROOM SNACK LIST

Granola Bars
Cereal Bars
Fruit Bars
Yogurt Bars
Trail Mix Bars
Bagels (4 oz portions)
Muffins (4 oz portions)
Sweet Breads (4 oz portions)
Animal Crackers
Oatmeal , Cereal or Raisin Cookies (4 oz portions)
Fig Newtons
Graham Crackers
Teddy Grahams
Rice Krispy Treats
Baked Chips
Pretzels
Wheat Crackers
Raisins
Popcorn (light varieties)
Sun Chips
Sunflower Seeds (without shells)
Soy Nuts
Trail Mix
Beef Jerky (95% fat free)
Cheese Sticks
Puddings (low fat)
Yogurts (low fat)
Yogurt Tubes
Dried Fruit or Fruit Leather
Frozen Fruit Bars
Fresh fruit
Fresh vegetables
Beverages containing 50%-100% juice (12 ounces or less) , water, 1% or less milk