

Southwestern Grade Schools

APPROVED SNACK LIST

- ◆ **Fresh Fruit**
- ◆ **Fruit Cups (in natural juice/water)**
- ◆ **Frozen Fruit Bars (no sugar added)**
- ◆ **Dried Fruits (no sugar added)**
- ◆ **Granola/Cereal Bars (whole grain, low in fat & sugar)**
- ◆ **Unsweetened Applesauce Cups**
- ◆ **Low Fat Yogurt Tubes**
- ◆ **Carrot/Celery Sticks**
- ◆ **Low Fat Popcorn**
- ◆ **Whole Grain Cereal**
- ◆ **Whole Grain Crackers**
- ◆ **Brown Rice Cakes**
- ◆ **Baked Tortilla Chips**
- ◆ **Pretzels**
- ◆ **Low fat Cheese Sticks**
- ◆ **100% Fruit Juice Box**
- ◆ **Bottled Water**