

Smart Snacks: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322432> (for more details)

Fruit

Fresh fruit
Apple/banana chips
Dried fruit
Dole fruit bowls in 100% juice
Fruit snacks
Raisins
Applesauce cup

Crackers/hard pretzels/snack mixes (.7-1 oz)

Goldfish crackers (whole grain)
Pita chips (50% whole grain)
Pretzel Stix (1 oz.)
Munchies Baked Snack Crackers (9 oz.)
SunChips Snack Mix (.875 oz.)
Simply Chex Mixes (.92 oz.)
Special K Cracker Chips Baked Snacks
Cheez-its (whole grain)
Whole wheat snack crackers

Chips/popcorn/puffed/rice cakes (.7-1 oz)

Baked chips
Veggie chips
Lite popcorn
Popped chips
Baked crisps
Oven baked, whole grain Cheetos
Reduced fat tortilla chips
Rice cakes

Yogurt/Pudding/Cheese

Fat-free Vanilla Pudding (3.5 oz)
Nonfat Yogurt (4-8 oz)
Cheese Sticks (1 oz) (Reduced fat, if possible)
100% fruit juice frozen cups or bars (4.4 oz)
Frozen Yogurt

Cookies/bars/animal crackers

Vanilla wafers (1 oz)
Oatmeal Squares (1.76 oz)
Whole grain, reduced fat cookies
General Mills & Kellogg's cereal bars
Betty Crocker Oatmeal Bars (1.24 oz)
Nature Valley Chewy Oatmeal Bites (1.23 oz)
Nature Valley Chewy Granola (or trail mix) Bar
Nature Valley Crisps & Crunchy bars
Whole grain Graham Crackers
Graham Snacks
Whole grain Animal Crackers
Kar's trail mixes

Non-food Birthday Treats

Pencil toppers
Fun erasers
Bouncy balls
Silly straws
Stickers
Holy cards
Book for the classroom
Bookmark (homemade)