

**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)