



Young School Snack List 2018 -2019

Parents, please sign below indicating that these items may be served during morning or afternoon snack times to your child. If your child has a specific allergy to any item listed below, please circle.

Whole Grains

Chex Cereal (Rice or Corn)
Life Cereal
Kashi Heart to Heart Cereal
Kix Cereal
Cheerios
Croissant
Corn Muffin
Granola
Tortilla
Tortilla Chips
Spikerz Crackers (Ranch or Nacho)
Saltine
Soft Pretzel
Caramel Rice Cakes
Cheddar Rice Cakes
Pita
Pita Chips
English Muffin
Granola
Granola Bites
Apple Cinnamon Waffle Graham
Strawberry Waffle Graham
Mini Bagel
Cracker Stacker
Strawberry Chex Mix
Cheddar Chex Mix
Goldfish Crackers
Bean & Veggies Crackers
Graham Cracker
Chocolate Bear Graham
All-Sports Bites Vanilla Grahams
Cheddar Cheese Crackers

Fruits and Vegetables:

Peaches
Orange Slices
Mango
Banana
Red Pepper Strips
Avocado
Salsa
Cucumber Slices
Apples*
Mandarin Oranges
Mixed Berries
Baby Carrots*
Peas
Applesauce
Cherry Tomatoes
Fresh Pear
Fresh Blueberries
Fresh Strawberries
Fresh Raspberries

Other:

Ranch Dip
Hummus
Apple Butter
WG Soybutter and Grape Jelly Sandwich

Proteins:

Sunbutter
Plain Yogurt
Colby Jack Cheese Stick
Cream Cheese
Chicken Salad
Tuna Salad
Cheddar Cheese Slice

Special Events:

WG Blueberry Muffin
Cranberry Orange Muffin
Apple Cinnamon Muffin
Banana Muffin

Beverages:

1% Lowfat Milk (Two's/PreK)
Whole Milk (Todfants/Toddlers)
Water

*These items are not served to children under two

Child's Name _____

Parent's Signature _____

Date _____

