

MIDDLE SCHOOL SNACK GUIDELINES

(note: All snacks are to be nut free.)

Fruits and Vegetables

- Carrot sticks with ranch or hummus
- Apple slices with yogurt for dipping
- Celery sticks with ranch or hummus
- Yellow pepper strips with hummus or guacamole
- Bananas
- Blueberries
- Clementines
- Cucumber slices
- Orange wedge/slices
- Grapes (quartered for preschool classes)
- Strawberries
- Pineapple
- Watermelon
- Fruit cups
- Sun Maid raisins (not yogurt or chocolate covered)
- Craisins
- Applesauce cups (no sugar added)
- Florida's Naturals fruit nuggets

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Crackers/Salty Snacks

- Triscuits
- Wheat Thins
- Nabisco Saltines
- Keebler Club Crackers and Snack Sticks (not sandwiches)
- Ritz (plain or bistro, not sandwiches)
- Sunshine Cheez-its
- Pepperidge Farm Goldfish (plain, pretzel or cheddar varieties)
- Keebler Town House Crackers
- All-Bran Crackers
- Graham Crackers
- Rold Gold regular pretzels (not Mike Sells or Snyders)
- Kashi TLC crackers
- Popcorn
- Stacy's Pita Chips
- Annie's Snack Mix
- Cheerios Snack Mix (check to see if peanut free)
- Baked Doritos/Cheetos in 100 calorie packs
- Corn chips and salsa (Peanut/nut free chips include Tostitos & Garden of Eatin')

Breads/Cereals/Fruit Bars

- Pepperidge Farm Mini Bagles, Brown Sugar and Cinnamon or Whole Wheat
- Multigrain, Berry Burst and Plain Cheerios
- Kix Cereal
- Barbara's Shredded Spoonfuls
- Quaker Oat Squares
- Frosted Mini Wheat, Bite Size
- Life Cereal
- Kashi Mighty Bites (check to see if peanut free)
- Rice Cakes
- Kashi TLC fruit bars (strawberry, blackberry and apple)
- Special K Bars
- Rice Krispy Treats (plain only)
- Nabisco Animal Crackers, Fig Newtons & Oatmeal Iced Cookies
- Chips A-hoy (not mini's)
- Teddy Grahams
- Oreos: Original, Double Stuff, Mint Crème, Chocolate Crème, Golden Oreos, Golden Oreos with Chocolate

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Dairy Products

- Yogurt
- Cheese Cubes, String Cheese & Cheese Slices
- Kraft Philly reduced fat strawberry and regular cream cheese

Miscellaneous

- Half sandwich (pimiento cheese, ham and cheese, turkey and cheese, plain cheese, sunflower or soy nut butter and jelly, NO peanut butter, NO almond butter)
- Tortilla Roll-ups (filled with cheese, egg salad, turkey and cheese)

Jell-O's and Puddings

- Kraft Handi-Snacks-Vanilla and Chocolate Pudding, Wacky Gels
- Hunts-Juicy Gels, Vanilla and Chocolate Pudding
- Jell-O-Vanilla, Chocolate and Oreo Puddings
- Dole Fruit-n-Gel Bowls
- Del Monte Fruit and Gel to go Bowls

IMPORTANT: Due to continual changes in manufacturer packaging, please read the ingredient label of all snacks, including those on this list, to ensure that it does not contain any of the following: peanuts/nuts, peanut/nut putter, peanut oil, peanut/nut flour, peanut/nut meal, or any variety of the statements, “contains peanuts,” “may contain traces of peanuts/nuts,” or “manufactured in a facility or on equipment that also processes peanuts and/or other nuts.”