



MADISON METROPOLITAN  
SCHOOL DISTRICT



# Healthy Classroom Snack List

## *Approved for 2015-16 School Year*

### Madison Metropolitan School District

The Madison Metropolitan School District Healthy Classroom Snack List was developed to provide guidance to parents in selecting healthy and nut-free\* snacks for the classroom.

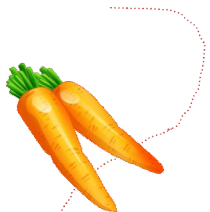
- Snacks should not be too messy for teachers to serve in the classroom.
- Snacks should be appealing and taste good to kids.
- Please cut fruits and vegetables for easy serving. Use snack baggies for easy handling.
- To keep apple and pear slices from turning brown, sprinkle with lemon juice!
- Please bring napkins, cups and other serving items as needed. Teachers do not have these supplies in their classrooms.
- Fruits, vegetables, healthy dips, yogurt, cheese, whole-grain foods, and other healthy choices like dried fruit or home-popped popcorn are preferred snack choices.
- Teachers are unable to microwave snack items. If you choose to bring popcorn, please pop it at home and bag it in baggies prior to bringing to school.
- There is NO refrigerator available for snacks. If refrigerator is needed, pack snacks in a cooler.
- According to new USDA guidelines, less than 35 percent of total calories should come from fat, and less than 10 percent from saturated fat.

These items are **NOT** acceptable classroom snacks:

- Peanut, almond, cashew and other nut butters
- Candy
- Baked goods and pastries
- Granola or granola bars
- Chex or other snack mixes

For the complete Madison Metropolitan School District Healthy Classroom Snack List, go to <https://boeweb.madison.k12.wi.us/node/1438>.

\*Snacks containing peanuts or nuts are not allowed. This includes snacks containing almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, walnuts and/or sesame seeds. **Items on this list have been selected because, at this time, they do not contain peanut or nut products.** These items have **NOT** been reviewed for other major allergens. Parents of food allergic children (and teachers) are encouraged to check product labels **every time** to be sure that the products are free of their child's offending allergens, free from cross-contamination, and safe for their child to eat. Checking manufacturer web sites may also provide helpful information.



Questions?

Contact Your  
School Nurse

## Preferred Choices

### Fresh Fruit (washed)

- Oranges, Clementines, Tangerines
- Apples
- Bananas
- Grapes
- Pears
- Plums
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- Berries (E.g. Strawberries, Blueberries, Raspberries, Blackberries, Cherries)
- Peaches, Nectarines
- Cantaloupe, Watermelon, Honeydew Melon, Papaya
- Figs
- Mango
- Pineapple
- Kiwi

### Dried Fruit, Etc. (little to no added sugar)

Raspberries, Apricots, Bananas, Star Fruit, Pears, Peaches, or Apple Rings (Regular or Cinnamon)	Sunny Day (Woodman's)
Figs	Organic Made in Nature (Costco)
Dried Mangoes	Happy Valley Farms (Costco)
Sliced Peaches	Stoneridge Orchards (Costco)
All Natural Berry Mix, Strawberries, Raspberries, or Cherries	Stoneridge Orchards (Hy-vee)
Apricots or Plums	Sunsweet (Costco)
Apple, Apple Cinnamon or Strawberry Banana	Kirklands Real Sliced Fruit (Costco)
Raisins	Earthbound Farms (Hy-Vee)
Raisins	Newtons Own (Hy-Vee)
Raisins	SunMaid (Woodman's)
Craisins	Ocean Spray (Woodman's)
Natural Applesauce	Mott's (Woodman's, Costco)
Natural Applesauce Unsweetened	Great Value (WalMart)
Organic Applesauce	Trader Joe's



## Preferred Choices

### Fresh Vegetables

- Carrots
- Celery
- Cucumber
- Broccoli
- Cauliflower
- Sliced Bell Peppers
- Sugar Snap Peas, Snow Peas, Edamame
- Cherry Tomatoes
- Sweet Potatoes or Parsnips
- Sliced Beets
- Jicama
- Zucchini, Summer Squash

### Dips & Spreads (NUT FREE ONLY)

Type	Brand
Babaganoush	Sabra
Cucumber & Dill Greek Yogurt Veggie Dip	Sabra
Southwest Enchilada Black Bean Dip	Frito
Black Bean Dip, Mild	Hy-Vee
Pinto or White Bean dip	Desert Pepper (Hy-Vee)
Salsa - mild	Hy-Vee, Newman's Own, Mrs. Renfro's, Chi Chi's, Pace
Guacamole, Red Pepper Mango	Wholly Guacamole
Guacamole	Dean's-Plain, Marie's, Wholly Guacamole Original)

## Preferred Choices

### Grains & Dairy

Bread/Tortilla	Brand
Whole Wheat, Whole Wheat Honey, Simply White, Traditional Flatbread White	Kangaroo Pita Pocket (Woodman's)
Whole Wheat or Original White	Trader Joe's Pita Bread
Mini Bagels, Plain	Hy-Vee Brand (Hy-Vee)
Plain, Blueberry, Onion, Raisin Cinnamon, or Sun Dried Tomato	1st National Bagel Company
Plain or Whole Wheat	Market Pantry (Target)
Plain or Wheat	Sara Lee Bagels
Plain	Thomas Mini Bagels
Yogurt	Brand
Individual Greek Non-Fat Yogurt Cups (Multiple flavors)	Hy-Vee
Yo-Lite Individual Yogurt Cups	A & E
Yoplait Individual Yogurt Cups	Yoplait
Organic Yogurt Cups	Trader Joe's
Cheese	Brand
String Cheese (Light Mozzarella)	Sargento
String Cheese (Reduced Fat Colby-Jack)	Sargento
String Cheese (2% Mozzarella)	Kraft
String Cheese (2% Mozzarella & Cheddar Twists)	Hy-Vee
2% Milk Cheddar & Monterrey Jack Cheese Cubes	Kraft

## Preferred Choices

### Other Healthy Snacks

<b>Popcorn</b>	<b>Brand</b>
Skinny Pop Popcorn (Pre-popped; Small Bags)	Costco
Skinny Pop Popcorn (Pre-popped; Large Bags)	Costco, Woodmans, Whole Foods
Apple Cinnamon Rice Cake	Quaker Oats
Lightly Salted Rice Cakes	Quaker Oats
Rice Cakes (Apple Cinnamon or Plain)	Hy-Vee Brand (Hy-Vee)
Vegetarian Stuffed Grape Leaves	Frankly Fresh (Costco)
<b>Rice Cakes</b>	<b>Brand</b>
Apple Cinnamon Rice Cake	Quaker Oats
Lightly Salted Rice Cakes	Quaker Oats
Rice Cakes (Apple Cinnamon or Plain)	Hy-Vee Brand (Hy-Vee)
<b>Dolmas</b>	<b>Brand</b>
Vegetarian Stuffed Grape Leaves	Frankly Fresh (Costco)

## Preferred Choices

### Miscellaneous Snack Ideas from Items Listed Above

Reduced Fat Tortilla Chips & Guacamole or Salsa	Baby Carrots in Black Olives
Sliced Bell Peppers, Carrots & Black Bean Dip	Mix of Cheerios, Dried Berries & Pretzels
Sliced Zucchini & Baba Ganoush	Hummus on Bagel Halves
Grape & Cheese Cube Skewers (using toothpicks)	Strawberries with Yogurt

## Acceptable Choices

Cereal	Brand
Chex (Apple Cinnamon)	General Mills
Chex (Chocolate)	General Mills
Chex (Vanilla)	General Mills
Chex (Rice)	General Mills
Chex (Corn)	General Mills
Chex (Wheat)	General Mills
Chex (Cinnamon)	General Mills
Toasted Corn Cereal	Great Value (Walmart)
Toasted Rice Cereal	Great Value (Walmart)
Toasted Wheat Cereal	Great Value (Walmart)
Crisp Rice	Great Value (Walmart)
Frosted Shredded Wheat	Great Value (Walmart)
Crispix	Kelloggs
Frosted Mini Wheats	Kelloggs
Frosted Mini Spooners	Malt-o-Meal
Honey Buzzers	Malt-o-Meal
Cinnamon Oat Bites	Market Pantry (Target)
Frosted Shredded Wheat	Market Pantry (Target)
Frosted Shredded Wheat-Strawberry	Market Pantry (Target)
Toasted Oats	Market Pantry (Target)
Toasted Cinnamon Squares	Mom's Best (Woodman's)
Toasted Wheat-fuls (Regular)	Mom's Best (Woodman's)
Toasted Wheat-fuls (Blue-Pom)	Mom's Best (Woodman's)
Life (Original)	Quaker
Life (Cinnamon)	Quaker
Crispy Rice	Shur Fine (Woodman's)
Crunchy Corn or Crunchy Corn & Rice	Shur Fine (Woodman's)
Shredded Wheat	Shur Fine (Woodman's)
Shredded Wheat (Frosted)	Shur Fine (Woodman's)
Toasted Oats	Shur Fine (Woodman's)
Corn Flakes	Shur Fine (Woodman's)
Toasted Oats	Hy-Top (Woodman's)
Tasteeos	Hy-Vee Brand (Hy-Vee)
Simple Living Oat Cereal (Original)	Hy-Vee Brand (Hy-Vee)
Simple Living Oat Cereal (Cinnamon)	Hy-Vee Brand (Hy-Vee)



## Acceptable Choices

<b>Crackers</b>	<b>Brand</b>
Buttery Crackers	Great Value (Walmart)
Town House Pita (Sea Salt, Mediterrean Herb)	Keebler
Graham	Market Pantry (Target)
Thin Wheats	Market Pantry (Target)
Woven Wheats	Market Pantry (Target)
Cheese Nips (Regular, Angry Birds)	Nabisco
Honey Maid Graham Crackers (Any)	Nabisco
Triscuits (Original or Reduced Fat)	Nabisco
Wheat Thins (Original or Reduced Fat)	Nabisco
Goldfish Baked Snack Crackers (Any variety)	Pepperidge Farm
Thin Wheats	Savoritz (Aldi's)
Woven Wheats	Savoritz (Aldi's)
Cheez Its Party Mix (Original)	Sunshine
Stoned Wheat Crackers	Mariner (Costco)
Pita Bites-Original Seasalt	Sensible Portions (Costco)
Cheddar Bunnies (or White Cheddar)	Annie's
<b>Pretzels</b>	<b>Brand</b>
Mini Twists	Clancy's (Aldi's)
Rods	Clancy's (Aldi's)
Sticks	Clancy's (Aldi's)
Mini Twists	Market Pantry (Target)
"Thins" Minis	Old Dutch
"Thins" Sticks	Old Dutch
Butter Spindles	Old Dutch
Rods	Old Dutch
Sticks	Old Dutch
Sticks, Tiny Twists, Minis Fat Free, Thins Fat Free	Old Dutch
Tiny Twists	Old Dutch
Tiny Twists, Sticks etc. (plain varieties + no added seasonings)	Rold Gold
<b>Tortilla Chips</b>	<b>Brand</b>
Baked Tortilla Chips (plain with no added seasonings)	Tostitos, Simply Tostitos

