**HEALTHY CLASSROOM SNACKS**

**About this guide**

All snacks listed in this guide have been selected because:

* They meet the healthy snack guidelines for all Americans set by the USDA, the standards set forth by the Alliance for a Healthier Generation, as well as the Red Clay School District’s Wellness Committee’s policies;
* They do not contain peanuts and tree nuts as ingredients and their packaging lists no warnings that such allergens may have been introduced as part of the manufacturing process;
* They are readily available at your local supermarket or health food store.

These snacks are a healthy way to celebrate special occasions in the classroom while maintaining the goals set by Red Clay’s Wellness Plan. We believe these snacks provide a good means of limiting the potential for allergic reactions in the classroom but it is up to the parent of a child allergic to these foods to determine each snack’s suitability depending upon the circumstances specific to the child.

**Please read and understand the following disclaimer before using this guide:**

**DISCLAIMER:** ALL INFORMATION REGARDING INGREDIENTS AND MANUFACTURING PROCEDURES WERE COMPILED FROM CLAIMS MADE BY THE PRODUCT MANUFACTURERS ON THEIR LABELS OR THROUGH OTHER MEANS AND MAY ALREADY BE OUT OF DATE. ALTHOUGH EVERY EFFORT HAS BEEN MADE TO BE AS ACCURATE AS POSSIBLE, WE DO NOT ACCEPT ANY LIABILITY FOR ERRORS OR OMISSIONS MADE BY US OR THE PRODUCT’S RESPECTIVEIVE MANUFACTURERS. THIS LIST IS FOR INFORMATIONAL PURPOSES ONLY AND IS INTENDED TO SERVE AS A GUIDE, NOT AS AN AUTHORITATIVE SOURCE. PRIOR TO PURCHASING ANY LISTED FOOD ITEM, IT IS YOUR RESPONSIBILITY TO CHECK THE PRODUCT LABEL TO ENSURE THAT UNDESIRED ALLERGENS ARE NOT INCLUDED AS INGREDIENTS AND TO VERIFY WITH THE MANUFACTURER THAT TRACE AMOUNTS OF UNDESIRED ALLERGENS WERE NOT INTRODUCED DURING THE MANUFACTURING PROCESS. CURRENT FDA LABELING GUIDELINES DO NOT MANDATE MANUFACTURERS DISCLOSE POTENTIAL ALLERGENS THAT MAY BE INTRODUCED AS PART OF THE MANUFACTURING PROCESS.

Please note:

* All snacks must **be given in the recommended serving** amount listed on package or in a package that contains a **single serving**. This serving information is listed on the first line of the snack’s Nutrition Label.
* **This is not a complete list**. As of now these are the approved classroom snacks. If there is a specific desired classroom snack not on this list please email Jessica.Rombach@redclay.k12.de.us for approval.
* We welcome and encourage your comments, corrections, testimonials, feedback and suggestions. Please direct all remarks and issues to Jessica.Rombach@redclay.k12.de.us
* This list will be updated frequently; please discontinue its use at the end of the 2014-2015 school-year. The next version will be available starting September 2015.

**All Snack Foods Sold A La Carte in Cafeterias**

* Please see order form on Red Clay School Nutrition Website under Catering for complete listing and order form

**Fresh Fruit & Veggies**

* All pre-cut fruit and/or vegetables trays from supermarkets
	+ May add 1.5 ounce (packet) of low fat dressing per student
* All *whole* fruits and vegetables (no at-home preparation)
* Fruit and/or vegetable trays prepared by School Nutrition Cafeterias
* Fruit cups or fruit canned in light syrup

**PRETZELS**

* *Rold Gold* – Rods, Tiny Twists, Lightly Salted Tiny Twists, Honey Wheat
* *Herr’s –* Extra Thin, Whole Grain Pretzel Sticks Honey Wheat
* *Newman’s Own* – Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
* *Pepperidge Farm – 100 Calorie Pouches* Goldfish Pretzels
* *Utz - Pretzel Rods, Seven Whole Grain Sticks*

**POPCORN**

* *Bachman* – Light Popcorn

**RICE SNACKS**

* *Quaker Quakes Rice Snacks* – Carmel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn,

Chocolate, Sweet Chili, Cheddar Cheese, and Sour Cream & Onion

* *Lundberg Organic Rice Cakes* – Rice with Popcorn, Brown Rice, Mochi Sweet, and Sweet Green Tea
* *Soy Crisps*

**POTATO CHIPS**

* *Baked Ruffles* – Original, Cheddar & Sour Cream
* *Baked Lays* – Original, Sour Cream & Onion
* *Popchips* – Original Potato, Barbeque Potato, Cheddar Potato, Sour Cream & Onion Potato, Sea Salt & Vinegar Potato, Salt & Pepper Potato
* *Utz Baked* – Original, Ripple, B-B-Q

**CHEESE SNACKS**

* *Cheetos* – Baked
* *Herr’s -* Baked Cheese Curls
* *Pirate’s Booty* – Aged White Cheddar, Sour Cream & Onion

**CRACKERS**

* *Cheese Nips* – Reduced Fat Cheddar
* *Cheez-Its* – Reduced Fat, Reduced Fat White Cheddar
* *Goldfish* - Cheddar, Whole Grain, Pizza, Parmesan, Baby Cheddar, Colors
* *Keebler Club* – Reduced Fat
* *Kellogg’s Special K Crackers* – Multi-Grain, Savory Herb
* *Town House* – Reduced Fat
* *Triscuit* – Reduced Fat
* *Wheat Thins* – Reduced Fat

**GRAHAM CRACKERS**

* *Nabisco Grahams* – Original
* *Skeeter Snacks Cinnamon Grahams (Egg processed in facility)*
* *Nabisco Honey Maid* – Low Fat Honey, Low Fat Cinnamon
* *Goldfish Grahams* – Cinnamon, Vanilla, Chocolate Chip
* *Keebler Grahams* – Original, Cinnamon, Honey
* *Teddy Grahams* – Cinnamon, Honey, Chocolate, Chocolatey Chip

**NUTRITION BARS AND CEREAL BARS**

* *Special K Bar* – Blueberry, Strawberry, Chocolatey Drizzle, Raspberry Cheesecake, Vanilla Crisp
* *Kellogg’s Rice Krispies Treats* – Original

**COOKIES**

* *Chips Ahoy* – Reduced Fat
* *Newtons Fruit Crisps* – Apple Cinnamon
* *Barnum’s Animal Crackers* – Original
* *Keebler Vanilla Wafers* – Original, Mini
* *Nabisco 100 Calorie Packs* – Chips Ahoy Thin Crisps

**ICE CREAM (Only Applies to Hershey’s Ice Cream Available in Red Clay Cafeteria – Please see Hershey’s peanut/tree nut disclaimer before purchasing; special note from parents for student’s with peanut/tree nut allergies required)**

* *Fruit Sticks* - Hershey’s Polar Blast Fruit Punch Bar, Orange Blossom, Strawberry Banana
* *Ice Cream Cups* – Birthday Cake & Cotton Candy Yogurt, Low Fat Ice Cream, Sherbet & Ice
* *Cones* – Cookies & Cream, Crazy Cone
* *Sandwiches* – Mighty Mini Ice Cream Sandwiches (vanilla & strawberry)
* *FrozFruit Bars*

**Beverages**

* *100% Juice, 4 oz (Apple or Orange)*
* *Bottled Water, 8 oz*
* *Bottled Water, 16.9 oz*
* *Low-fat 1% White Milk (8 oz.)*
* *Nonfat Chocolate Milk*
* *Nonfat Strawberry Milk*