

Red Clay Classroom Snacks Suggestion Sheet

| Snack | Serving Size | Brands (if applicable) |
|------------------------------------|--|---|
| 100% Juice | Up to 8oz. | N/A |
| Applesauce Cups | 4oz. | N/A |
| Bagged Fruit & Vegetables | Single Serve Bags | Examples: Single Serve Bags of Apple Slices, Grapes, Fresh Fruit/ Carrot Sticks, Carrots & Celery Sticks, etc. These can be found at grocery stores by prepared fruit/ vegetables, at Walmart or Costco/ BJ's |
| Cereal, Whole Grain* | 3/4 C. - 1C. Serving | Cheerios (Original, Multi-grain, Apple Cinnamon), Chex (Cinnamon), Cinnamon Toast Crunch, Kix, Rice Krispies |
| Dried Fruit | 1oz Containers | Sun-Maid (Sour Strawberry, Lemon, Watermelon, Plain) |
| Fresh Whole Fruit | 1 Piece | Examples: Bananas, Apples, Peaches, Pears, Oranges |
| Frozen Fruit Bars (100% Juice) | 1 Fruit Bar | Outshine Bars |
| Fruit Cups in 100% Juice | 1, 4oz Fruit Cup | Dole, Del Monte |
| Fruit Pouches | 1 Fruit Pouch | Motts, GoGo Squeez, Dole Fruitocracy, Buddy Fruits |
| Goldfish Crackers* | 0.75oz (~3/4 C) | Whole Grain Colors, Cheddar and Pretzel Goldfish |
| Part Skim Mozzarella String Cheese | 1oz Single Serve Cheese Stick | Land O' Lakes, Bongards, Kraft, Sargento, Weight Watchers |
| Pirates Booty* | ~36 pcs. (1oz) | Aged White Cheddar |
| Popcorn* | 2 C. Serving | Boom Chicka Pop, Smartfood Popcorn, Skinny Pop Popcorn, Popcorn Indiana, Cape Cod Seaside Popcorn |
| Pretzels* | Check for portion size on nutrition label. Different brands/sizes = diff. portion sizes | Rold Gold Hartzels, Whole Grain Pretzel Goldfish |
| Rice Cakes* | 1 Large Rice Cake or 8-10 Minis | Quaker Brand, Lundberg Rice Cakes |
| Veggie Straws, Sea Salt* | 38 Veggie Straws | *Only Sea Salt variety will meet smart snacks requirements |
| Water | N/A | N/A |
| Yogurt | 4-8oz. | Trix, Danimals, Upstate Farms, Dannon Oikos, Chobani Fat-Free Yogurt, Go-gurt |

**Please note that these items, if bought in bulk, will need to have portions measured out for each student.*

****All Food items brought in MUST have a food label and cannot be prepared inside the home (exemptions: Whole Fresh Fruit)**

List is not exhaustive, please contact the nutrition department if you have any questions. (302)992-5580