

Approved Snack List

(Blessed Sacrament K – 5th)

All students in grades K through 5th will be responsible for bringing a daily snack to enjoy during the school day. To ensure classroom safety for those students with food allergies, please **ONLY** send a snack from the following list. If a child were to bring a snack not listed below, it could be extremely dangerous to those children with food allergies. (threatening examples include: cheesy crackers, yogurt, chocolate or snack bars including nuts)

* This list does not apply to lunch, which will be eaten in the cafeteria*

Fruits & Vegetables-

- All fresh fruits and vegetables (**without** dips such as ranch, caramel or yogurt)
- All dried fruits. This includes plain raisins or Crasins
- Applesauce Cups: Any brand as long as it doesn't have yogurt added
*please provide a spoon
- Fruit Cups: Any brand as long as it doesn't have yogurt added
*please provide a spoon
- Applesauce Pouches/Squeezers – Any brand as long as it doesn't contain yogurt
- Any dried fruit strip or rope
- Naturally Bare crunchy apple or banana chips

Cereals-

- General Mills Cereals: Cheerios- plain or multigrain, Chex – corn, rice, apple cinnamon or cinnamon, Cinnamon Toast Crunch, Lucky Charms, all Kix varieties
- Quaker Oatmeal Squares Cereal – (Cinnamon or Brown Sugar) or Life varieties, Crispix
- Kelloggs: Frosted Mini Wheats (original), Mini-wheats touch of fruit (raspberry or raisin), Fruit Loops, Corn Pops, Crispix, Apple Jacks
- Schnucks: Frosted Shredded Wheat, Corn Squares or Rice Square (like Chex)

Bars/Bites

- Nature Valley Crunchy Granola Bar – (Only Oats & Honey Flavor)
- Kashi Soft-Baked Cereal Bars (Strawberry or Cherry Vanilla only)
- Clif Kid Z Bar – keen green variety
- Annie's Organic Chewy Granola Bars – Oatmeal Raisin variety only
- Any Enjoy Life Brand bars
- Nature's Bakery Fig Bars – all varieties
- Made Good brand granola bites or bars

Crackers/Pretzels/Popcorn/Chips

- Rold Gold Pretzels – (Original, Tiny Twists or Sticks)
- Snyder Pretzels – (Mini Pretzels, Snaps or Sticks)
- Aldi brand pretzels – pretzel shape or stick shape
- Clancy pretzel slims
- Snack Factory pretzel crisps
- Quaker Quakes – (Plain/Lightly Salted, Apple Cinnamon or Wild Blueberry)

- Nabisco Triscuits (Original)
- Wheat Thins – (Original)
- Ritz Crackers – ((Whole Wheat or Original)
- Town House Crackers – (Original or Whole Wheat)
- Boom Chicka Pop – sea salt popcorn
- Skinny Pop Popcorn – plain
- Garden vegi-straws or vegi-chips – sea salt **only**
- Chex Mix – (original flavor only)
- Potato Chips – (plain only)
- Fritos Corn Chips – (plain only)
- Sun Chips (original only)

Cookies & Fruit Snacks -

- Keebler Graham Crackers – (Cinnamon, Original or Honey)
- Honey Maid Graham Crackers – (Original, Honey or Cinnamon)
- Honey Maid “Lil Squares” – (Honey or Cinnamon)
- Scooby Doo Graham Cracker Sticks
- Schnucks Graham Crackers – (Honey or Cinnamon)
- Nabisco Newton Fruit Thins – (Blueberry/Brown Sugar, Chocolate Raspberry, Cran-Orange, Lemon Crisp, Apple Cinnamon Oat or Fig & Honey)
- Teddy Grahams (Honey, Cinnamon, Chocolate, Chocolately Chip)
- Nabisco Oreos – (Original, Double Stuf, Birthday Cake or Golden)
- Nabisco Oreos Mini Packs – (Chocolate Cookie with White Cream or Golden Cookie with White Cream. Original or Double Stuf)
- Nabisco Barnum’s Animal Crackers – (Plain)
- Schnucks Sugar Wafers – (Vanilla, Chocolate or Strawberry)
- Betty Crocker Original Fruit Roll-Ups – (all Fruit Flavors)
- Betty Crocker Fruit by the Fruit – (all Fruit Flavors)
- Betty Crocker Fruit Snacks
- Kellogg’s Fruit Snacks
- Schnucks Fruit Snacks
- Welch’s Fruit Snacks (not the peanut butter variety)

Miscellaneous

- Slim Jim Meat sticks
- Thomas Bagels Regular Size or Mini – (Plain, Whole Wheat, Blueberry or Cinnamon)
- Kellogg’s Pop Tarts – (Cherry, Blueberry, Strawberry or Brown Sugar/Cinnamon only)
- Garden Lites chocolate muffins (freezer section of some grocery stores)