

GROCERY STORE SNACK ITEMS

WDM Schools is happy to offer healthy, peanut/tree nut allergy safe snacks for your convenience (see Classroom Snack menu for options). However, some items can be found at your local grocery store. All food items shared in the classroom must follow the USDA Smart Snack guidelines and be peanut/tree nut allergy safe. For more information about Smart Snacks in Schools, visit https://www.fns.usda.gov/sites/default/files/tn/USDA_Smart_Snacks.pdf

Below is the district approved list of healthy snack options that can be found at your local grocery store.

SNACKS



Fresh Fruit
Whole fresh fruit



Fresh Vegetables
Whole fresh veggies



Canned or Cupped Fruit
Individual can/cup of fruit packed in 100% juice or light syrup



Applesauce Cup
Individual cup of applesauce, unsweetened or no sugar added



Squeezable Fruit Pouch
*Individual pouch, squeezable fruit in a pouch
Any flavor*



Fruit Smoothies
*Individual bottle, yogurt fruit smoothie
Any flavor*



GoGurt Tube
Individual yogurt tube, any flavor



Snack Pack Pudding Cups
Individual cup of pudding, any flavor



Reduced Fat String Cheese
Any variety



Craisins
1 oz. Individual box



NutriGrain Soft Bake Bars
Any variety



SnackWell's Mini Chocolate Chip Cookies
Whole Grain, Individual bags



Hostess Mini Birthday Cake Muffins
Whole Grain, Individual bags



Hostess Mini Blueberry Muffins
Whole Grain, Individual bags



Goldfish Crackers
Indiv. Bagged baked with whole grain



Boom Chicka Pop
Individual Bag, Popcorn



Pirate's Booty Puffs
Individual Bag, popcorn puffs



Lay's Baked Chips
Whole Grain, Individual Bag, chips, Cheeto's & Doritos