Susquehanna Twp. School District ~ Food Services

HEALTHY SNACKS

BEVERAGES

Fruit Juices 100% Fruit Smoothies 100% juice Milk, non-fat or low-fat, plain or flavored Water, plain or flavored-no sugar or artificial sweeteners

LOW-FAT GRAIN FOODS

Pretzels

Animal Crackers

Wheat Crackers

English Muffin-whole wheat

Rice Cakes or mini Rice Cakes (flavored)

Baked Tortilla Chips with Salsa or

Cheese Sauce

Muffins fruit or grain

Cereal individual servings

Bagel half

Fig Bar or Newtons

Vanilla Wafers

Bread Sticks

Soft-Pretzel

Granola Bars low-fat

FRESH FRUITS AND VEGETABLES

Fruit fresh seasonal Vegetables fresh with low-fat dip or salad dressing

ADDITIONAL TREATS

100% Fruit Snacks

Fruit Bars

Frozen Yogurt low-fat

Frozen Fruit Bars

Pudding low-fat

Popcorn fat free

Beef Jerky-95% fat free

Peanut Butter and Crackers

String Cheese low-fat

Cookies low-fat

Nabisco Snacks 100 calories

Trail Mixes with fruits, nuts, and grains

Yogurt Splits/Parfait

yogurt, banana with toppings

Baked Potato Chips/Snacks

Ice Cream low-fat

OTHER SNACK ITEMS

that meet the following criteria:

- *Items will provide <250 calories per serving.
- *<35% of calories from fat (excluding nuts and reduced fat cheeses).
- *<10% of calories from saturated fat (excluding reduced fat cheeses).
- *<35% sugar by weight (excluding naturally occurring sugars and low-fat yogurts) and added sugar will not be listed as the first ingredient.

NON-FOOD REWARDS

Pencils

Stars

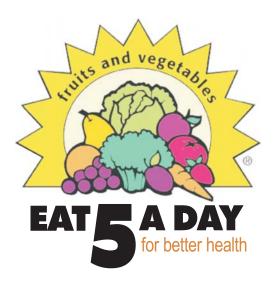
Stickers

Certificates

Rulers

Movie Coupons

Coupons for extra computer time, reading time, free time, etc



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