

Approved Snack List

Suffolk Public Schools has adopted the following nutritional standards for all foods and beverages provided to students on campus during the school day as (i) a school party and (ii) a classroom celebration (excluding food preparation as a part of the instructional curriculum, foods prepared as a part of the instructional curriculum shall not be sold): Also visit the Suffolk Public Schools website and refer to the handbook online for additional information.

- (i) **All food and beverages must meet the standards set forth in section (e) above.**
- (ii) In addition, **ONLY** prepackaged foods with nutritional labeling may be brought to school for student consumption. Home prepared foods **ARE NOT** permitted or sold to students during the school day. **NO CUPCAKES** are allowed **unless** they are purchased through the cafeteria.
- (iii) The District will provide to parents information on safe and healthy foods that are acceptable for special events (i.e. classroom parties).

❖ **Below is a list of some suggested snacks that parents may bring for classroom celebrations and school parties:**

Fresh Fruit

Frozen Yogurt

Baked Cheetos

Raisins



Special K Red Berry Bars

Quaker Rice Crisps

Oat & Honey Granola Bars

Wheat Thin (Nabisco)

Oven Baked Potato Chips (Frito Lays)

○ **Additional items that may be purchased from your school cafeteria:**

Reduced Sugar and Fat Cup Cakes (Whole Grain)

(No homemade or store bought cupcakes or cakes are allowed!)

Iced Cookies (Whole Grain) Low Fat and Sugar

✓ **Assortment of Low Fat and Reduced Sugar Ice Cream:**



- Sandwiches
- Pushups
- Ice Cream Cups and Bars

Individually packaged items:

- Cheez It Whole Grain
- Munchies Cheddar Cheese Cracker (reduced fat) .9 oz.
- Munchies, Kid Mix WGR .9 oz.
- Scooby Doo Cookies 1 oz.
- Smartfood White Cheddar Popcorn
- Bug Bites 1 oz
- Skeeter Grahams Cinn. 1 oz.
- Rice Krispies Snack Bar Whole Grain 1.41 oz.
- Cheez It Atomic Flavor .75 oz.

