


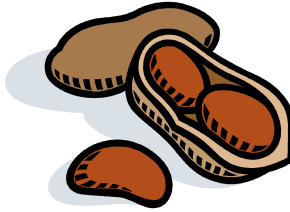




KIDS...Snacks at school should be:

- Tasty (so you enjoy them)
- Quiet (so you won't disturb your neighbor)
- Neat (so you won't mess up your desk)
- Good for you (To help you learn at your best)
- Kept cold if needed
- **Varied-** (try one in each column every week)

			
<p>Cheese cubes, Yogurt, string Cheese</p>	<p>100% juice, fruit cups, fresh fruit, vegetables and dip, dried fruit, applesauce</p>	<p>Bread sticks, cereal, graham crackers, animal crackers, granola, pretzels, whole grain crackers, rice cakes, popcorn, baked tortilla chips, bagel</p>	<p>Trail mix, nuts, ½ peanut butter sandwich, beef jerky</p>
<p>Dairy products help build strong bones and teeth!</p>	<p>Fruits and vegetables help you see in the dark and help cuts heal.</p>	<p>Grain group foods help give you the energy you need.</p>	<p>Protein foods help you grow and build strong muscles</p>

It is suggested that in pre-packaged snacks:

- The nutrition label shows less than 7 grams of total fat (products with nuts as part of or the main ingredient listed can be higher in fat)
- sugar is not listed as the first ingredient.

Please do **NOT** bring: Soda pop or other high sugar beverages, candy, cookies, cupcakes, chips, etc. to school.