

# *JHS Approved Snack List*



*\*Most Recent Update - February 2019*

***From the Student Handbook:*** As students celebrate birthdays and other events during the year, we understand that they often enjoy sharing the celebration with classmates. We strongly recommend that such sharing occur in ways that are not food related. Stickers, pencils, craft materials, etc. are preferred. However, if a student does want to bring in a food-based treat, they are permitted to do so if it is noted on this approved food list and also approved by the classroom teacher.

***If a student is to bring in a food item to share, prior notification must be provided so that teachers can verify that it is both on the approved food list and not a health concern for any particular students.***

## ***Approved Fruits & Vegetables***

**Fresh Fruit:** *apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, etc.*

**Fresh Vegetables:** *carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.*

**Raisins**

**Craisins**

**Other Dried Fruits**

## ***Crackers/Snack Items***

**Triscuits, Wheat Thins, Vegetable Thins**

**Ritz Crackers (not Ritz Bitz)**

**Town House, Club, Toasteds**

**Cheez-Its & Cheese Nips**

**Saltines, Oyster Crackers**

**Wheatables**

**Breton Brand Crackers**

**Annie's Bunnies**

**Graham Crackers**

**Teddy Grahams**

**Animal Crackers (Austin Zoo, Barnum)**

### ***Cakes/Baked Goods***

Hostess Cupcakes  
Hostess Twinkies  
Hostess Muffins  
Hostess Donuts  
Kellogg's Rice Krispie Treats  
Oreos  
Vanilla Wafers  
Lenders' Bagels (may be served with plain butter or plain cream cheese)  
Thomas' Bagels (may be served with plain butter or plain cream cheese)

### ***Chips***

Cheetos  
Doritos  
Fritos  
Pringles  
Sun Chips  
Tostitos  
Popcorn  
Pretzels  
Potato Chips

### ***Other***

Also approved for distribution are items indicated on the Snack Safe Guide which can be downloaded from [snacksafely.com](http://snacksafely.com)

*\* We will do our best to monitor food labels and update this list accordingly, but ask for your assistance in verifying food labels for any items that are intended to be shared in school. If you note that any items contain nut products or are cooked in nut oil, please let us know. These may not be shared. Thank you for your assistance!*