

## Suffolk Public Schools Approved Snack List

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

Fantastix, Original (Frito-Lay)	Baked Doritos, Nacho
Fresh Fruit	Fruit Cups (no sugar added)
Frozen Yogurt	Honey Maid Cinnamon Sticks
Baked Cheetos	Baked Cheetos (Flamin Hot)
Oatmeal Pies (Little Debbie)	Baked Chips Lays/Ruffles
Snack Mix Chedd. Cheese (Quaker)	Granola Bar, Oat & Honey
Pretzels	Reduced Fat Graham Crackers
Animal Crackers, un-iced	Combos, Nacho Cheese Snack
Ginger Snaps by Murray	KIX and Cheerios Cereals
Pecan Rings (Little Debbie)	Doritos, Nacho-Reduced Fat
Scooby Doo Snacks (Kellogg's)	Marshmallow Pie Chocolate (Lit. Debbie)
Strawberry Pop Tarts Un-iced (Kellogg's)	Brn Sugar & Cinn. Pop Tart
Reduced Fat Ritz Crackers	Chex Mix, Traditional (General Mills)
Chex Mix Cheddar Baked	Gold Fish, Cheddar (Pepperidge Farm)
Reduced Sugar Fruit Snacks (Welch's)	Nabisco 100 calorie Pack Oreos
Dole Fruit Bowls	Fat Free Fig Newtons
Baked Potato Crisps, (Frito Lay)	Apple Cinn. Fruit Crisps (Flat Earth)
Munchies Mix for Kids, (Frito Lay)	Cinnamania Snacks (Kellogg's)
Butter, Chocolate Chip, and Lemon Cookies (Murray's)	

*\*You may order reduced fat and reduced sugar Ice Cream Sandwiches, Pushups, and Ice Cream Cups from your child's cafeteria.*

Suffolk Public Schools shall adopt the following nutritional standards for all foods and beverages provided to students on campus during the school day as (i) a school party or (ii) a classroom celebration, excluding food preparation as a part of the instructional curriculum:

- It must contain 5 percent of the Daily Value, per serving or per 100 calories, of at least one of these eight essential nutrients: iron, calcium, protein, vitamin A, vitamin C, niacin, thiamine, or riboflavin.
- It must contain no more than 300 calories per item.
- All beverages must be 100 percent fruit juices or fruit juice drinks with a minimum of 25 percent fruit juice, water and flavored water with zero calories.
- All foods must contain no more than 35 percent of calories from fat (except nuts and seeds).
- All snacks must have no more than 35 percent by weight sugar per serving.
- Only prepackaged foods with nutritional labeling may be accepted. Home prepared foods are not allowed or sold to students during the school day.
- The District will provide to parents information on safe and healthy foods that would be acceptable for special events (i.e. classroom parties).