

Snack Sale Guidelines:

Tips on how to meet the Healthy Food Guidelines

- Pizza
- Chicken or Turkey Hot Dogs
- Yogurt (most kinds, including Greek yogurt and yogurt in tubes) or **yogurt parfaits**
- 100% frozen fruit bars
- Frozen fudge bars
- Fruit cups packed in 100% fruit juice
- Fresh fruit such as apples, berries, melon, etc.
- Popcorn without butter (Popcorn and Popcorn machine are in AT office. Please clean machine after use.)
- Tortilla chips with salsa
- Raw vegetables with low-fat dip such as hummus
- Reduced fat cheese or lite string cheese
- Whole grain pretzels or whole grain crackers
- Most granola bars
- Raisins or craisins (small handfuls or snack packs)
- Low-fat kettle corn
- Whole grain blueberry muffins
- Whole grain banana zucchini bread
- Other whole grain baked goods that have less fat (such as baked goods that have been made with applesauce, plain yogurt, or mashed bananas in place of fats like butter and oil)
- **Parmesan Cheese Straws** <http://www.parenting.com/article/parmesan-cheese-straws>
- **Jam and Graham Cracker Cheesecake**
<http://www.parenting.com/gallery/healthy-kids-snacks?page=16>

Which foods are NOT okay?

- Ice cream, sundaes, popsicles
- Fried chips, including Flamin' Cheetos, cheesy nachos, potato chips
- Candy, including chocolate, lollipops, gummies, and raisins coated with chocolate or yogurt
- Baked goods such as cupcakes, donuts, or cookies
- Sugary drinks including soda and energy drinks
- Nacho cheese sauce