

APPROVED SNACK LIST

All snacks must be NUT FREE. Please read the ingredient list on all products. If you have questions about snacks or nut free products please feel free to contact Laurie Wilson in the school kitchen Wilson@dutchessday.org.

Fruit –kebabs are always popular

Vegetables—can be accompanied by cream cheese or ranch dip

Yogurt (freeze yogurt sticks at home—they will be perfectly defrosted at snack time)

Cheese—string cheese, baby bell, small containers of cottage cheese (not always a big hit!)

Goldfish

Popcorn

Pretzels

Pirate's booty/veggie booty

Mini bagels w/ cream cheese

Nabisco graham crackers

Tortilla chops and salsa

Cheese nips

Apple sauce

Fig Newtons

Pumpkin/banana/zucchini bread or muffins