

JHS Approved Snack List



**Most Recent Update - October 2021*

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. Please also ensure that all products are nut free.

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

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

** 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!*