



Killeen ISD

Suggestions

for

Smart Snacks

Elementary and Middle School

All foods/beverages sold and/or given to students during the school day must meet USDA Smart Snack rules and the KISD Wellness policy.

Beverages:

(Juice and milk- Elementary may have up to 8oz, Middle may have up to 12 oz)

- Plain water
- 100% fruit or vegetable juice
- Milk (unflavored low fat, unflavored fat free, or flavored fat free)

Whole grains:

- Graham Crackers- Teddy Grahams or Scooby Doo Graham cracker sticks
- Goldfish 100 calorie packs cheddar cheese
- Wheat Thin crackers
- Granola bars- Quaker Chewy, Nature Valley Crunchy Oats 'N Honey, Nutri-grain cereal bars
- Rice Cakes-Quaker Carmel Corn and Quaker Apple Cinnamon
- Popcorn- Smartfood Delight White Cheddar
- Cereal- Cheerios, Honey Nut Cheerios, Kix, Rice Chex, Trix

Fruits and Vegetables:

- Fresh fruit- such as apples, oranges, bananas
- Dried fruit-such as raisins or dried cranberries
- Applesauce
- Canned fruit- packed in water, 100% juice, or light syrup.
- Fresh vegetables- such as carrot sticks, celery sticks, broccoli

Other snacks:

- Reduced fat String Cheese
- Yogurt- Yoplait Kids, Yoplait Go Gurt
- Trail mix (made with unsalted nuts and dried fruit)
- Unsalted nuts

For more information on Smart Snacks you may contact the KISD Department of School Nutrition (254) 336-0775.

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Rev. 8/22/16