

Approved Wolverine Snacks

The Nodaway Valley School Wellness Committee has developed this list of approved snacks to encourage the consumption of fruits, vegetables, whole grains, and calcium-rich foods by our students. This list has expanded to include a larger variety of choices. (2017)

FRUITS

Kids need 1-2 cups of fruit a day. Fruit can be served with low fat dip. The options listed below are examples; any fresh fruit is acceptable.

*bananas	*apples	*oranges	*clementines	*seedless grapes
*strawberries	*pears	*kiwi	*watermelon	*cantalope
*peaches	*raisins	*apricots	*dried fruit	*fruit snacks
*applesauce	*100% fruit juice		*fruit cups	*fruit bars
*fruit parfaits (eg: Dole Fruit Cups)			*trail mix (fruit/nuts)	

VEGETABLES

Kids need 1 ½ to 3 cups of vegetables per day. Vegetables can be served with low fat dip. The vegetables listed below are examples; any fresh vegetable is acceptable.

*carrots	*celery	*cauliflower	*broccoli	*peppers
*tomatoes (cherry or grape)			*cucumbers	
*100% vegetable juices				

(WHOLE) GRAINS

Kids need 4 to 7 ounces of grains each day. Please consider whole grain snacks.

*crackers	*cereals	*microwave light popcorn	*animal crackers
*bagels with low fat cream cheese			*baked chips or crackers
*100 Calorie Snack Packs	*graham crackers (Teddy/Elf Grahams)		
*pretzels	*cereal bars (Nutrigrain, Quaker Fruit and Oatmeal Bars/Bites)		
*General Mills Milk 'n Cereal Bars			*fig bars (eg Newton)
*granola bars	*low fat muffins		*Ritz Air Crisps
*pita chips	*rice cakes		*Rice Krispie Treats

CALCIUM/PROTEIN RICH

Kids need 2 to 3 cups of milk per day. Please consider low fat/skim snack

*string cheese	*low fat yogurt	*low fat pudding	*cheese slices
*low fat yogurt/Go-Gurt		*low fat pudding cups	
*reduced fat ice cream/frozen yogurt/sherbet (fudge bars, pudding pops)			
*fat free/reduced fat milk		*nuts (all varieties)	