

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)	

Nodaway Valley Recommended Snack List

- Animal Crackers
- Bagels with Low Fat Cream Cheese
- Baked Chips or Crackers-Baked Doritos/Cheetos/Lays/Tostitos, Sunchips, Goldfish
- 100 Calorie Snack Packs (Pretzels or Crackers)
- Graham Crackers (including Teddy Grahams/Elf Grahams)
- Ritz Air Crisps
- Breakfast/Cereal Bars/Mixes-Nutrigrain Bars, Quaker Fruit & Oatmeal Bars/Bites
- General Mills Milk 'n Cereal Bars (Cheerios, Cocoa Puffs)
- General Mills Chex Mix
- Fig Bars (Newton)
- Dried Fruits (Raisins, Cranberries, bananas)
- Fresh Fruit (with or without Low-fat Dip)
- Fruit Bowls or Fruit Parfaits (Dole Fruit, Unsweetened Applesauce)
- Fruit Snacks
- Granola Bars
- Low Fat Yogurt or Go-Gurts
- Low Fat Muffins
- Low Fat/Low Sugar Cookies (Snackwells Chocolate Crème/Vanilla Crème, Famous Amos Low Fat Ginger Snaps/Lemon Snaps/Oatmeal Raisin)
- Low Fat/Low Sugar Pudding Cups
- Low Fat String Cheese
- Nuts (All Varieties, including Sunflower Seeds)
- Popcorn (Reduced Fat or Make With Canola Oil)
- Pretzels (Hard or Soft)
- Pita Chips
- Reduced Fat Ice Cream/Frozen Yogurt/Sherbet (Cool Daze Ice Cream Sandwiches/Fudge Bars/Pudding Pops)
- Rice Cakes
- Rice Krispie Treats
- Trail Mix (Dried Fruits and Nuts)
- Water (Plain, With Carbonation, Propel)
- 100% Fruit Juices
- 100% Vegetable Juices
- Fat Free or Reduced Fat Milk