In accordance with the Archdiocesan Wellness Policy, these foods are approved. When available, reduced fat, reduced sugar, reduced salt, or whole grain versions should be purchased.

*Please do not send any items containing nuts if the classroom teacher identifies at least one student per classroom with nut allergies.

Fresh fruits & vegetables

Cereal bars

Reduced fat string cheese or cheese cubes

Pretzels

Wheat Thins crackers

Triscuits

Peanut butter crackers

Granola bars

Goldfish

Graham crackers

Reduced-fat yogurt

Wheat bread and reduced-fat peanut butter

Trail mix

Animal crackers

Whole wheat bagels and low-fat cream cheese

Teddy grahams

“light” version microwave popcorn

“100 Calorie” snack packs (available for Oreos, Chips Ahoy, Wheat Thins, etc.)

fat-free pudding (please provide spoons)

whole fruit popsicles

baked tortilla chips and salsa

baked Lays

low-fat sliced cheese with saltine or whole wheat crackers

original flavor Chex Mix