K-5 Smart Snack Guidelines

In an effort to meet Federal Government Regulations concerning student wellness, the Raymore Peculiar School District has made changes to the guidelines that govern snacks at school.

Snacks sent to the school for the purpose of sharing with other students **must** come from the approved snack list. It is **recommended** that all snacks sent to school exclusively for your child come from the approved snack list.

Snacks offered in the cafeteria will come from the approved snack list and only be offered on Tuesdays and Thursdays.

Each school may set a maximum of five events per classroom, per school year that are not required to follow the approved list. One example of this would be a school-wide party.

SNACK LIST

All Snacks must be in their original store packaging

*Fresh Fruit	*Frozen Fruit Bars (Blue Bunny FrozFruit; Outshine Bars)
*Frozen Whole Fruit (no added sugar)	*Applesauce/Fruit Cups with 100% fruit juice
*Raisins/Dried Fruit Snack Packs	*Vegetables & Low Fat/Fat Free Dip
* Pretzels - Whole Grain	* Crackers (Cheezits, Plain Ritz, Wheat Thins, Goldfish) - Whole Grain
*Baked Cheetos & Baked Chips (most; first ingredient WHOLE corn or grain AND sodium less than 200mg)	*Doritos (Reduced Fat) 1oz.
*Lite Microwave Popcorn (Low Sodium)	* Animal Crackers - Whole Grain
* Graham Crackers - Whole Grain	* Nutri-Grain Bars - Whole Grain
* Rice Krispy Treat - Whole Grain	* Brown Rice Cakes (flavored, most)
	* Teddy Grahams
* Snack Size cereal (whole grain as first ingredient)	Larabars
	*Portable Yogurt/Gogurt
* Cheese (Low Fat/Fat Free)	* Low-Fat or Fat-Free Milk (Unflavored)
*100% Fruit or Vegetable Juice	* Water

*peanut free. Anything that contains nuts or has been processed in a facility that handles nuts is NOT peanut free.
Please check all items to ensure they are peanut free.

Many of these items can be found at our local grocery stores and also on www.Amazon.com. If a snack is not on this list you can see if it qualifies using this USDA Approved Smart Snack Calculator from the Alliance for a Healthier Generation. https://foodplanner.healthiergeneration.org/calculator/ If you find an item you believe qualifies, please make a suggestion which will be reviewed by Administration at the end of this school year. If found to qualify, the snack list will be revised to include that item in the handbook for the following school year. Suggestions can be made here: http://goo.gl/forms/ly27Ha5WP0