

## Early Childhood Recommended Snack List

Adapted from the Blue Valley “Branded List of Permitted Food Items”

All items subject to change. Most updated list can always be found at  
[www.bluevalleyk12.org/hlc](http://www.bluevalleyk12.org/hlc)

Item	Specific Brands
<b>Fresh Fruits or Vegetables</b>	
Cut broccoli, baby carrots, snow peas, pepper strips, cut cauliflower, grape tomatoes etc.	<i>No specific brands, but please send washed and cut/ready to serve. Organic or conventional is fine. A variety is great!</i>
Apple slices, “cuties” or other mandarin oranges, grapes (cut for AM classrooms), pear slices, bananas, cut pineapple, blueberries, strawberries etc.	<i>No specific brands, but please send washed and cut/ready to serve. Organic or conventional is fine. A variety is great!</i>
<b>Dried and Canned Fruit</b>	
Raisins (NOT yogurt covered)	Best Choice, Sunmaid, Sunmaid Organic
Craisins	Ocean Spray
Prunes (dried plums)	Sunsweet
Canned Fruit (choose varieties packed in 100% juice)	Del Monte (individual containers), Native Forest
Applesauce (choose NATURAL varieties)	Best Choice, Mott’s, Musselman’s, Kirkland’s Organic Pouch
Applesauce on the Go (choose 100% Fruit varieties)	Materne GoGo Squeeze, Motts
<b>Cereal</b>	
Autumn Wheat	Kashi
Cinnamon Crunch	Cascadian Farms
Graham Crunch	Cascadian Farms
Purely O’s	Cascadian Farms
Kix: Honey or Original	General Mills
Alpha Bits	Post
Shredded Wheat Spoon Size: Original	Post
Cheerios (regular or multi-grain, not flavored)	General Mills
Chex (Rice)	General Mills

✂ Clip this page and keep it handy when planning snacks to send to school

<b>Dairy Products</b>	
Cottage Cheese (fat-free, low fat, Old Fashioned)	Anderson Erickson, Good Culture
Mozzarella Snacking Cheese	BelGioioso
Skinny Cow – Cheese Wedges	Laughing Cow
String Cheese	Best Choice, Crystal Farms, Frigo, Sargento
Stringles	Organic Valley
<b>Yogurts</b>	
Greek Yogurt (plain, strawberry, vanilla, blueberry)	Dannon
Yogurt Blends, Fruit on the Bottom, YoBaby, YoToddler, YoKids	Stoneyfield
Yogurt Tubes: Gogurt	Yoplait
<b>Crackers</b>	
Special K Cracker Chips: Sea Salt	Kellogg's
Triscuits: Original	Nabisco
Wheat Thins: Original	Nabisco
Goldfish (Whole Grain Cheddar)	Pepperidge Farms
Cheez-It (Whole Grain)	Sunshine
Cheddar Bunnies (Whole Wheat)	Annie's Homegrown
<b>Popcorn</b>	
Natural and Butter Flavor	Newman's Own
Original, Black Pepper, Ultra-Light White Cheddar, Naturally Sweet	Skinny Pop
<b>Miscellaneous Foods</b>	
Beef Jerky: Original	Jack's, Slim Jim
Salsa	Pace, Tostito's, Taco Bell, Amy's
Peanut Butter Substitutes	Wowbutter, Sunbutter
Popped Rice Snacks: Apple Cinnamon, White Cheddar, Ranch	Quaker
<b>Approved Brands</b> – Healthy Options (whole grain, low sugar, free of dyes and preservatives) from these brands are approved	
Don't Go Nuts, Enjoy Life Foods, Home Free, Lucy's, Mama Resch's, Surf Sweets, Safely Delicious	
<i>Any other items must be in their original packaging, must contain an ingredient label, and must clearly state on the label, "Made in a Nut-Free Facility," or "No Nuts"</i>	