

Lincoln Elementary Smart Snack List

The following is a list of foods and snacks that meet the USDA standards for K-12. This list is ***not all inclusive***. Alternative items may be available.

FRESH FRUIT (Check for allergies in the classroom)

FRESH VEGETABLES

<p>Bars</p> <ul style="list-style-type: none"> ● Belvita Soft Baked Bars 1.76 oz. ● Betty Crocker Oatmeal Bar 1.24 oz. ● Great Value Oats and Honey 2 bars ● Kashi Chewy Granola Bar 1.2 oz. ● Kashi Soft Baked Bar 1.2 oz. ● Kellogg's Rice Krispies Treats (whole grain) ● Kellogg's Special K Nourish Bar 1.58 ● Kellogg's Rice Krispie Granola Bar 1.27 ● Nature Valley Chewy Granola Bar .89 oz. ● Nature Valley Crunchy Granola Bar 1.5 oz ● Nature Valley Chewy Trail Mix Bar 1 bar ● Nutri-grain Cereal Bar (Multiple Flavors)1.55 oz. ● Nutri-grain Greek Yogurt Bar 1.3 oz. ● Special K Nourish Bar 1.58 oz. ● Quaker Chewy Granola Bar (25% less sugar) .84 ● Quaker Chewy 90 Calorie Bar .84 oz. ● Quaker Chewy Granola Bar (Multiple Flavors) 1.25 oz. 	<p>Chips</p> <ul style="list-style-type: none"> ● Baked Lays (Multiple Flavors) 1.25 oz. ● Baked Tostitos Scoops .87.5 oz. ● Corn Nuts Original, Ranch 1/3 cup ● Frito Lay Baked Cheetos .875 oz. ● Special K Cracker Chips 1.06 oz. ● Quaker Popped Rice Cakes (Apple and Chocolate only) 1 oz. ● Rold Gold Heartzels 1oz. <p>Cookies, Brownies & Pastries</p> <ul style="list-style-type: none"> ● Buena Vista Whole Grain Cookies 1oz. ● Buena Vista Whole Grain Fudge Brownie ● Nabisco 100 Calorie Pack-Mini Teddy Grahams 1 package Sweet and Salty 1package Wheat Thins Toasted Chips 1 pack ● Nabisco Honey Maid Grahamfuls -All flavors 1 package ● Nabisco Teddy Grahams 150 calorie Pouch 1 package ● Otis Spunkmeyer Essential Carnival Cookie, 1oz. ● Mini Muffins Blueberry/Chocolate Chip 1.6 oz. <p>Crackers</p> <ul style="list-style-type: none"> ● Cheez-it Crackers Whole Grain. ● Honey Maid Lil' Squares 1.06 oz. ● Keebler Bug Bites Cinnamon Grahams 1.06 oz. ● Keebler Elf Grahams 1.0 oz. ● Pepperidge Farm Flavor Blast Goldfish .75 oz. ● Pepperidge Farms Whole Grain Goldfish .75 oz. ● Teddy Grahams-Cinnamon Graham Snack 1oz.
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Fruits

- Chiquita Fruit Chips 100% Fruit Freeze Dried All Flavors 1 pouch
- Del Monte Fruit Cups Multiple Flavors
- Dippin' Stix Apples and Carmel 2.75 oz.
- Great Value Applesauce No Sugar 1 cup
- Great Value Dried Apricots
- Great Value Fruit Cups No Sugar 1 cup
- Raisins

Ice Cream/Yogurt

- Activia Fiber with Cereal 4 oz.
- Annies' Frozen Yogurt 4-6 oz.
- Blue Bunny Fudge Bar No Sugar 1 bar
- Blue Bell Fruit Bars All Flavors 1 bar
- Dannon Fruit on the Bottom Low Fat Yogurt 6 oz.
- Dannon Light and Fit Nonfat Yogurt 6 oz.
- Kona Ice 100% Juice
- Skinny Cow
 - Ice Cream Sandwich all flavors 1 bar
 - Cones All flavors 1 bar
- TCBY Frozen Yogurt on the Go All 1 pouch
- Yoplait Greek 100 Calories 5.3 oz.
- Yoplait Simply Go-Gurt, 2.25 oz.

Other Desserts

- Welch's Fruit Snacks Berries n Cherries 1.55 oz.
- Welch's Fruit Snacks Mixed Fruit 1.55 oz.