



Student Food & Beverage Snack List

PREFERRED ITEMS:

- Fresh Fruits, Dried Fruit, Fruit Cups
- Vegetables
- Cheese (Individual Servings)
- Nuts, Seeds (Consider Allergies)
- Yogurt
- Applesauce Cups
- 100% Fruit Snacks
- Pudding Cups (Fat Free)

NOT SUGGESTED:

Items not meeting guidelines

- Soda
- Candy & Gum
- Cupcakes, Cookies & Donuts
- Fried Chips
(Potato, Doritos, Cheetos, etc.)
- Daily Food Rewards

ESSD 40 Food & Beverage Guidelines

ALLOWABLE SNACK

- First ingredient is fruit, vegetable, dairy product or protein food
- Whole grain rich
- A food item that contains:
 - Not more than 35% of calories from fat
 - Not more than 10% of calories from saturated fat
 - Not more than 35% of sugar by weight
 - Not more than 200 calories

ACCEPTABLE SCHOOL BEVERAGES

- Drinking water (no added sweeteners)
- Fruit or vegetable-based drinks
- Milk/Milk Alternative (1% or nonfat)
- Flavored milk (nonfat)

ESSD 40 RESOURCES

www.ESSD40.com
Snack Calculator • Wellness Policy
Fun Alternatives for Food • OPAA! Options
Snack Suggestions



WELLNESS PROGRAM

Excelsior Springs 40 School District recognizes the link between student health and learning, and has adopted a Wellness Policy for the District that will promote student health through nutrition education, nutrition guidelines and physical education and activity.

