

Specific Smart Snacks that meet standards.

(Excelsior Springs School District does not recommend or endorse any particular brand or food)

See the following link for other options: <https://foodplanner.healthiergeneration.org/products/?n=100>



100% Fruit Snacks (first ingredient is fruit)



First ingredient is beef



Canned fruit packed in water, 100% juice, extra light or light syrup



Applesauce cups (first ingredient is apples)



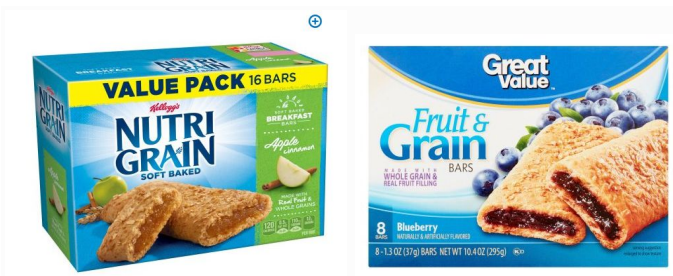
Many yogurts meet the standard - First Ingredient Cultured Grade A Nonfat Milk is a dairy product



Believe it or not - this one is in!



Stick with whole grain.



First ingredient is whole wheat flour and whole grain oats.



First ingredient is water, second ingredient is nonfat milk - so you're good.



First ingredient is dried potatoes.



Pair with fresh pico de gallo! Yummy!





Don't forget something to drink! Just remember your serving sizes: Elementary 8 ounces, Middle School 12 ounces, and High School 12 ounces