


Muhlenberg Elementary Center and CE Cole

K-6 Snack Options

For the health, wellness and safety of all students, beginning 2013-2014 school year, the following lists provide guidelines to strictly approved snacks permitted to be brought into Muhlenberg Elementary Center and CE Cole for student consumption.

*APPROVED SNACK OPTIONS

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1. Fresh/Dried fruit
 2. Fresh vegetables
 3. Pretzels (individual serving bag)
 4. Goldfish™ crackers (individual serving bag)
 5. Graham crackers
 6. String cheese
 7. Popcorn (individual serving bag)
 8. Granola bars (peanut free only)
 9. Yogurt
 10. 100% fruit juice drinks, bars, strips, etc.
 11. Fat-free milk
 12. Baked chips (individual serving bag)
 13. Fig/Fruit Newtons™
 14. Tortilla chips and salsa
 15. Sugar-free Jello™/Pudding
 16. Dried cereal
 17. Pre-packaged cheese & crackers
 18. Others approved by School Principal

NOT APPROVED SNACKS

1. Chocolate(s)
2. Candy
3. Cake products
4. Soda
5. Cookies
6. Gum
7. Donuts
8. Juice drinks not 100% fruit juice
9. Popsicles
10. Ice Cream
11. Any homemade items
12. Any product(s) with nuts



Notes:

- *All pre-packaged items must have manufacturer's list of ingredients available for review