



## Mt. Vernon Community School Corporation Approved Food and Snack List

**This list is not comprehensive and is intended to provide a base-line of products that meet nutritional and safety guidelines. Items may be added or removed based on review of current manufacturing procedures and ingredients.**

**\*List is Peanut/Tree Nut Free, If you have other allergies in the class be aware this list contains some items that contain milk ingredients, those items are noted accordingly.**

**Some items additionally may contain gluten or eggs. If you have those allergies in your room we can come up with a room specific list or the parent may send in a special snack for their child with allergies.**

**Any items not found on the list must be approved for use by Health Services.**

*References: Safe Snack Guide and Allergen Inside*

### **Snacks:**

- Quaker Quakes Rice Snacks - Caramel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion
- Cheetos - Puffs, Puffs Honey BBQ, Crunchy, Flamin' Hot Crunchy, Baked
- Pirate's Booty
- Kettle Chips - Sea Salt, Sea Salt/Vinegar, Buffalo Bleu, Fully Loaded Baked Potato, Sweet Onion, Sour Cream & Onion, Jalapeno
- Kettle Brand Baked Chips - all flavors
- Lay's Brand Baked Chips- all flavors
- Lay's - Classic, BBQ, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Salt & Vinegar, Garden Tomato/Basil, Honey Mustard, Honey BBQ
- Lay's Kettle Cooked - Original, Sea Salt/Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper

- Natural Lay's - Sea Salt
- Pringles - Original, Reduced Fat, BBQ
- Pringles Snack Packs - Original, 100 Calorie Original
- Ruffles - Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream, Loaded Chili & Cheese, Molten Hot Wings
- Smartfood Popcorn - White Cheddar, Reduced Fat, Movie Theatre Butter
- Nabisco 100 Calorie Mr. Salty Pretzels - Milk Chocolate, Original, Yogurt
- Kraft Handi Snacks Pretzels and Cheese
- Pepperidge Farm Goldfish Pretzels, 100 Calorie Packs
- Rold Gold - Thins, Sticks, Rods, Tiny Twists, Lightly Salted, Tiny Twist Cheddar, Tiny Twist Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic
- Kraft Handi Snacks Breadsticks and Cheese
- Cheese Nips - Cheddar, Reduced Fat Cheddar, Spongebob Square Pants
- Goldfish - Baby Cheddar, Cheddar, Colors, Mix Up, Parmesan, Pizza, Pretzel, Saltine, Whole Grain
- Goldfish Flavor Blasted - XPlosive Pizza, Xtra Cheddar, Slammin Sour Cream & Onion
- Goldfish Mix Up Adventures - Pretzel, Xtra Cheddar, Xtra Cheesy Pizza
- Goldfish 100 Calorie Packs - Cheddar, Pretzel
- Nabisco 100 Calorie - Sweet and Salty Mix Kettle
- Pepperidge Farm Baked Naturals Cracker Chips - Simply Potato, Cheddar & Sour Cream Potato, Multi Grain
- Pepperidge Farm Baked Naturals Cheese Crisps - Cheddar, Four Cheese Italian Herb
- Pepperidge Farm Baked Naturals Wheat Crisps - Toasted Wheat
- Triscuit - Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil, Cracked Pepper & Olive Oil, Roasted Garlic
- Triscuit Minis - Original
- Triscuit Thin Crisps - Original, Parmesan Garlic, Four Cheese, Chili Pepper
- Wheat Thins - Original, Reduced Fat, Hint of Salt, Ranch, Reduced Fat Garlic & Herb, Whole Grain, Sundried Tomato/Basil, Multigrain, Parmesan & Basil
- Nabisco Graham Crackers - Original
- Nabisco Honey Maid Grahams - Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate, Fresh Stacks
- Teddy Grahams - Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini
- Kraft String Cheese **\*\*Contains Milk**
- Fresh Vegetables
- Fresh Fruit/Dried Fruit

### Treats and Parties:

- Swiss Miss Pudding Cups - Vanilla, Milk Chocolate, Chocolate Cream Pie, Butterscotch, Banana Cream Pie, Chocolate/Vanilla Swirl, Low Fat Chocolate, Reduced Calorie Sugar Free Vanilla & Chocolate **\*\*Contains Milk**
- Sunkist Fruit Snacks
- Safeway/The Bakery/Lofthouse - Frosted Sugar Cookies **\*\*Contains Milk**
- Corso's Cookies Decorated Sugar Cookies
- Barnums Animal Crackers
- Lorna Doone Shortbread Cookies & Snack Packs
- Nabisco Biscos Sugar Wafers
- Nabisco ginger snaps
- Newton's - Original, Fat Free, Whole Grain, Strawberry, Raspberry
- Newtons Minis - Whole Grain Fig
- Newtons Fruit Crisps - Apple Cinnamon
- Oreos - Original, Double Stuff
- Dole Fruit Bars - strawberry/grape/raspberry
- Luigi's Italian Ice
- Philly Swirl Pops - all flavors
- Minute Maid Juice Bars - cherry/grape/orange
- Breyers Pure Fruit Bars - strawberry/orange/raspberry
- Blue Bell Ice Cream Cups - Dutch Chocolate/Vanilla, Birthday Cake **\*\*Contains Milk**

### Candy:

- Dum Dums
- Saf-T-Pops - Assorted, Swirl
- Charms Blow Pop
- Dots
- Parade Cotton Candy
- Tootsie Pops
- Tootsie Rolls
- Junior Mints
- Andes Mints
- Good & Plenty
- Kraft Caramels
- Lifesavers - Hard Candies, Gummies
- Milk Duds
- Jolly Rancher
- Pez

- Push Pop
- Red Vines
- Razzles
- Rolo
- Skittles - all varieties
- Smarties
- Sour Patch Kids - original, straws
- Starburst - all varieties
- Twizzlers - all wrapped varieties
- Whoppers - original only
- Zours
- Hershey's chocolate bars 1.55 oz bars only
- Hershey's chocolate kisses - Plain, Special Dark only

**Beverages:**

- Honest Kids Juice Pouches
- Capri Sun Juice Pouches
- Mott's Apple Juice
- Mott's Fruit Punch