

INSTRUCTION

**SNACK GUIDELINES**

Bigfork Elementary and Middle School  
Fall 2004

Student stores and concession items will stock healthy foods and beverages to encourage students to make good food choices. Candy will not be used for classroom rewards. Exceptions may be made for birthday treats or special events/holidays. Suggested nutritious snacks are listed below:

**Dairy/Protein Items**

Low fat cheese sticks or cubes  
Beef jerky sticks  
Nuts and seeds  
Trail mix  
Lowfat yogurt  
peanut butter/jelly mini-sandwich  
hard boiled eggs

**Grain-based Items**

Undipped breakfast bars  
Sports bars  
Sun chips, baked chips, corn nuts  
Pretzels, popcorn  
Whole grain crackers  
Bread sticks  
Cheese and crackers  
Baked tortilla chips with salsa  
Bagels and cream cheese or peanut butter  
Muffins (small)  
Animal crackers, fig newtons  
Chex mix  
Whole grain breads or quick breads  
Whole wheat cereal mixes

**Beverages**

Water  
100% fruit juice  
Low fat milk

### **Fruit-Vegetables**

Fresh fruit or veggies w/dip

- ex. apples with peanut butter
- carrots with ranch
- celery with peanut butter
- grapes, strawberries, oranges
- baby carrots

Dried fruit chips

Canned fruit cups

Raisins, craisins

Real fruit bars or leather

### **Frozen Items** (if freezer is available)

Frozen yogurt

Juice bars

### **Eliminated**

Candy

Carbonated beverages

Chips

Pastries

Cookies

Cakes

(Baked goods that are full of sugar and fats with no whole grains)

*These recommendations are brought to you by the Team Nutrition Program at Montana State University and the Bigfork Elementary and Middle School Nutrition Committee.*

*The Nutrition Committee meets every other Monday at 3:00 and welcomes your participation, questions and ideas. There will be a Nutrition PIR on October 5th, 3:30-6:30.*