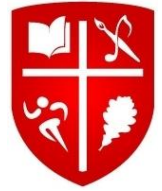




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Trinity Lone Oak Lutheran School – Suggested Snack List
Prepared by ISD 197 School Nursing Staff

Fruits and Vegetables

All fresh frozen and canned fruits and vegetables

Apple slices
Applesauce
Bananas
Oranges
Mandarin oranges
Berries
Grapes
Raisins
Celery sticks
Baby carrots
Sliced peppers
Cucumbers
Pea pods
Dole Fresh Fruit Bowls
Del Monte Fruit to Go Cups
Applesauce cups

Suggested Dips: Hummus(original flavor)
Catalina/French dressing/Kraft Ranch

Snacks

Plain pretzels (Rold Gold, Pepperidge Farm Goldfish pretzels)
Plain popcorn (Bachman-original/light, Good Health Natural Foods, Pirate's Booty)
Angie's brand kettle corn
Wheat thins
Teddy Grahams(cinnamon, Chocolate, Honey)
Triscuits
Nabisco Honey Maid Graham Crackers, honey grahams and sticks
Tostitos Tortilla chips and salsa
Fritos/plain
Keebler Scooby-Doo graham cracker sticks , cinnamon flavored – no sandwiches
Nabisco Ginger Snap Cookies
Nabisco Saltines
Sun Chips
Sensible Portions-Garden veggie straws/veggie chips
Good Health Natural Foods-veggie chips/veggie stix

Treats

Mars starbursts
Mars skittles
Nestle Wonka Laffy Taffy
Cadbury Adams Swedish Fish
Cadbury Adams Sour Patch candy
Perfetti Melle USA Air Head Taffy
Kraft Marshmallows/Jet Puffed Marshmallows
Life Saver Gummies
Charms Blow Pop Bubble Gum
Spangler Dum Dum Suckers
Ce De Candy Smarties
Nabisco Oreos(chocolate)
Betty Crocker Fruit Snacks
Jello
Hunts Juicy Gels(Fruit Flavored)
Lucy's brand Cookies -oatmeal, chocolate chip, cinnamon thin, sugar cookies
Annie's GlutenFree Organic Bunny Cookies -Cocoa, vanilla, snickerdoodle
Enjoy Life Soft Baked Cookies - chewy chocolate chip and snickerdoodle
Enjoy Life Boom Choco Boom Rice Milk Chocolate Bars
Gluten Brand Gluten Free Breakfast Bars - blueberry, apple, cherry
Minutemaide juice bars
Luigi's Italian Ice
Tootsie Rolls /Tootsie Roll Pops
Betty Crocker Fruit by the Foot
Newtons
Barnum's Animal Crackers -original
Kellogg's Rice Krispie Treats