

## Pleasant Valley Spartan Safe Snack List

Pleasant Valley School District is making student health and wellness a top priority! Healthy school snacks support good nutrition and the development of lifelong healthy eating habits. **Food items entering the classroom must be chosen from this list and contain only one serving per student.** These carefully chosen items were inspired by [USDA Smart Snack Standards](#) for schools.

<p><b>Fresh or Cupped Fruit</b> <i>Whole fresh fruit or individually packaged servings, 100% juice or light syrup preferred</i></p> 	<p><b>Fresh Vegetables</b> <i>Whole fresh veggies or individually packaged servings</i></p> 	<p><b>Welch's Fruit Snacks</b> <b>General Mills Fruit Rollups</b></p> 
<p><b>Applesauce Cup</b> <b>Squeezable Fruit Pouch</b> <i>Unsweetened or no sugar added preferred (NOT brand specific)</i></p> 	<p><b>Yogurt Tube or Cup</b> <b>Danimals Fruit Smoothies</b></p> 	<p><b>Pudding Cups</b> <i>Fat free preferred</i></p> 
<p><b>Reduced Fat String Cheese</b> <i>Any variety (NOT brand specific)</i></p> 	<p><b>Plain Rice Krispies Treats</b> <i>Whole grain preferred</i></p> 	<p><b>Pirate Booty Puffs</b></p> 
<p><b>Boom Chicka Pop plain or cheddar, Skinny pop popcorn</b></p> 	<p><b>Pepperidge Farm Goldfish or Pretzels</b> <i>Whole grain preferred</i></p> 	<p><b>Lays Baked Chips</b></p> 
<p><b>Nabisco 100 Cal Packs</b> <i>Wheat Thins, Oreo's, Chips Ahoy, Shortbread <u>only</u></i></p> 	<p><b>Nabisco or Keebler Grahams</b> <b>Annie's Bunny Grahams</b> <i>Whole grain preferred</i></p> 	<p><b>Plain Water</b></p> 

For more information about Smart Snacks in Schools visit  
<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

\*Please always check food labels as ingredients can change\*

Items may NOT contain nuts or be made in a facility that uses shared equipment\*

## Frequently Asked Questions

**1. Q: May I bring homemade treats from home to share at a classroom party?**

A: No. All snacks that are to be shared with students for activities and celebrations at school must come from the *Spartan Safe Snack List*.

**2. Q: What about pre-packaged treats from the store?**

A: Shared store-bought treats must be listed on the *Spartan Safe Snack List*.

**3. Q: May I still pack whatever I want in my child's sack lunch from home?**

A: Yes. Packing a healthy school lunch is encouraged, but there are no restrictions as to what you choose to pack in your child's lunch brought from home. School food policies are put in place to protect and regulate what can be sold and shared with multiple students during the school day.

**4. Q: If my child brings an individual snack to school, does it need to be on the Spartan Safe Snack List?**

A: Yes, in an effort to protect students with allergies all food entering the classroom for a snack or project must come from the Spartan Safe Snack List.

**5. Q: What about foods that the teacher uses in connection to students work and learning? (Ex: "green eggs and ham" on Dr. Seuss' birthday or hot chocolate for a Winter party) These items may not be on the Spartan Safe Snack List.**

A: Teachers may choose to serve foods in the classroom that have connections to instructional themes and plans. Without exception, when a teacher serves food in the classroom that is *not* on the Spartan Safe Snack List, a note will be sent home prior to the event to provide parents opportunity to opt out of the food event.

**6. Q: What about beverages?**

A: Water is the beverage of choice at all occasions! Children are encouraged to bring and frequently refill a personal water bottle.

**Revised Spartan Safe Snack List 2018-19 – Notes for Faculty and Staff:**

Food on the Spartan Safe Snack List is nut-free. Be aware that children may be allergic to other foods, as well. The school nurse will be your advocate in managing unique dietary needs.

Candy is no longer on the Spartan Safe Snack List, as it does not meet the [USDA Smart Snack Standards](#) for schools.

Teachers may serve food that is not on the Spartan Safe Snack List (green eggs and ham, pizza parties, etc.,) however, a note must be sent home prior to each event. Respectfully, parents will have an opportunity to opt out of foods served that are not on the list.

Discourage food incentives. Support teacher aides in using non-food incentives to promote student learning and good behavior.

Daily snacks may continue at the discretion of the teacher. Individual snacks brought from home need to be chosen from the Spartan Safe Snack List.

Water will be the only drink allowed for parties.