

Recommended Food List for School Stores/ Snacks Carts / Classroom Sales

The School District of Wisconsin Rapids believes that a healthy, well-nourished, and active student is better prepared to learn. Parents/ guardians and school staff are partners in helping achieve this goal for all our students. By providing healthy snack choices at school, we can model the importance of good nutrition and provide a consistent message to the students in our school district. Please use the recommended list below when selecting foods that will be sold in school stores, on snacks carts, or in classroom sales.

Beverages

- Water, non-carbonated calorie-free flavored water, sports drinks, low fat milk, 100% fruit juices

Examples: Bottled water – all brands (any size)
 Fruit 2 0 Water
 Gatorade (12 oz or less)
 Powerade (12 oz or less)
 Propel (12 oz or less)
 Low fat or skim milk (white or flavored)
 100% fruit juice or 100% fruit juice boxes

Fruit and Vegetables

- Fresh, canned and dried fruits (includes single serve fruit cups)
- All variety of vegetables

Crackers/ Cookies/ Snack Items (1 – 1 ½ oz portion size recommended)

Examples: Graham Crackers and other flavored crackers
 Original Rice Krispie Treats
 Plain Animal Crackers
 Vanilla Wafers
 Teddy Grahams
 Reduced Fat Cheese Nips
 Reduced Fat Snack Mixes
 Goldfish Crackers
 Dolphin Crackers
 Rice Cakes
 Baked Doritos
 Baked Ruffles or Baked Lays Potato Chips – all flavors
 Pretzels
 Low Fat Popcorn (no candy flavored)
 Granola and Cereal Bars
 Trail Mixes
 Mini-bagels
 Breadsticks
 Low fat muffin
 Reduced sugar or unsweetened breakfast cereals or cereal mixes

Dairy Foods/ Protein Items

- String Cheese and other reduced fat cheese varieties
- Low-fat pudding snacks
- Low fat yogurt or Go-Gurt
- Beef Jerky Sticks
- Trail Mix
- Low fat ice cream or ice cream treats / Sherbet
- Any type of nuts or sunflower seeds