

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](http://www.fns.usda.gov/smart-snacks) for schools and will be enforced at the elementary level.

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

A: Yes. You can send a snack from the Spartan Safe Snack list to share in class. Please only send one serving per student.

2. Q: How does this affect holiday parties?

A: There will be three classroom holiday parties each year: Halloween, Winter, and Valentine's Day. The room parent will coordinate a snack from the Spartan Safe Snack List for the classroom party.

3. Q: What about treats attached to Valentines?

A: No. Students may not attach any food items to Valentine cards.

4. 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.

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

A: Party treats and snacks in the classroom must be listed on the Spartan Safe Snack List.

6. 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 in the classroom.

7. 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. Snacks eaten during the day are at the discretion of the classroom teacher.

8. 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, the foods will continue to be nut free and a note will be sent home prior to the event to provide parents opportunity to opt out of the food event.

9. Q: What about beverages?

A: Water is the beverage of choice at all occasions. Plain water is the only beverage allowed for class celebrations. Children are encouraged to bring and frequently refill a personal water bottle.

10. Q: Does the Safe Snack List apply to after school activities?

A: No. These guidelines are in place during regularly scheduled school hours.