

Electa Quinney Elementary School



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Stacy Knapp, Principal

Below is a list of snacks which are acceptable under the Kaukauna Area School District nutrition policy.

Fruits and Vegetables

All types of fresh fruits and vegetables
May be served with low-fat dip or peanut butter
Canned fruit in natural juices
Lite fruit cups

Natural or unsweetened applesauce
Mott's Healthy Harvest applesauce
Fruit or veggie kabobs
Raisins

Crackers

Animal crackers
Gripz nacho cheese snacks
Goldfish crackers
Cheez-its
Cheese Nips Original
Cheese Nips Chips
Cheese Nips Nacho Chips
Graham crackers
Soda Crackers (Saltines or any type)
Wheat Thins-all types
Triscuits-all types
Sociables Original

Better Cheddars
Chicken in a Biskit Original
Vegetable Thins
Kid Sense Teddy Grahams Cubs Cinnamon
Kid Sense Cheese Nips
Kid Sense Ritz Bits Smilin'
Teddy Grahams
Mixers Cheddar
Mixers Traditional
Ritz Crackers
Ritz Bits
Ritz Chips

Cereals

Post Cereal
Honey Bunches of Oats Honey Roasted
Honey Bunches of Oats with Almonds
Honey Bunches of Oats Strawberry
Honey Bunches of Oats Peaches
Honey Bunches of Oats Banana

General Mills:

Basic 4
Cheerios
Chex Corn
Chex Rice

Raisin Bran
Shredded Wheat
Shredded Wheat Spoon Size
Banana Nut Crunch
Cranberry Almond Crunch
Blueberry Morning
Country Corn Flakes
Kix
Multi Grain Cheerios
Total Raisin Bran

Kelloggs:

Cran Vanilla Crunch
Cracklin' Oat Bran
Crispix
Fruit Harvest Banana Berry
Fruit Harvest Peach Strawberry
Fruit Harvest Strawberry Blueberry
Corn Flakes with Real Bananas
Raisin Bran

Raisin Bran Crunch
Smart Start Antioxidants
Smart Start Healthy Heart
Smart Start Healthy Heart Maple and
Brown Sugar
Special K
Special K Fruit and Yogurt
Special K Low Carb Lifestyle Protein Plus
Toasted Honey Crunch

Snack/breakfast bars

All Bran Bars Brown Sugar Cinnamon
All Bran Bars Honey Oats
All Bran Bars Oatmeal Raisin
Nutri-Grain Muffin Bars Banana
Honey Maid Soft Baked Oatmeal Raisin
Fig Newtons
Honey Bunches of Oats cereal bars
Full Circle Fruit 'n cereal bars

Dairy and Meat/Protein

Cheese Curds
String Cheese
Mozzarella Whips
Cheese Cubes
Cheese Slices (not processed)
Spreadable Cream Cheese-any flavor
Snack Pack Pudding
Jello Pudding
Swiss Miss Pudding
Handi-Snacks Pudding
Yogurt-any variety
Lunch meat-deli style only
Sausage sticks
Beef Jerkey
Peanut Butter
Nuts-any variety

Miscellaneous Snacks

Bagels or mini bagels
Rice Cakes
Quaker Quakes
Pretzels
Popped Microwave Popcorn
Popped Homemade Popcorn
McCain Smile Fries
Oreida Fries
Chex Mix-all varieties
Combos-pretzel variety only
Reduced Fat Gardettos
Soft Pretzels

Drinks

Low fat white milk
Low fat chocolate milk
100% Fruit Juice- NO JUICE
COCKTAILS
○ Old Orchard

- Motts
- Juicy Juice
- Minute Maid-apple or orange
- Welch's
- water