



St. Matthew School Snack List

2020-2021

The provided snack list is not exclusive. These are general suggestions that fall under our health and wellness policy.

Fresh Fruit

Apples	Mango
Bananas	Oranges
Blackberries	Papaya
Blueberries	Peaches
Cantaloupe	Pears
Cherries	Plums
Grapes	Raspberries
Honey Dew Melon	Strawberries
Kiwi	Watermelon

Dried Fruit, Etc.

All Natural or Organic Fruit Strips	Fruit Cups
All Natural or Organic Dried Fruit	Go Go Squeezers
Applesauce Cups	Raisins

Fresh Vegetables

Bell Peppers	Cucumber
Broccoli	Edamame
Carrots	Green Beans
Cauliflower	Snow Peas
Celery	Sugar Snap Peas
Cherry Tomatoes	

Dairy

Light Mozzarella String Cheese	Yogurt – Nonfat and Greek or Go-Gurt
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Chips

Beanitos Chips	Pop Chips
Food Should Taste Good Chips	Pop Corners
Garden of Eatin' Chips	Rice Works Chips
Late July Chips	Stacy's Pita Chips
Lundberg Rice Chips	Tortilla Chips

Crackers

Back to Nature Crackers	Townhouse Crackers
Garden of Eatin' Crackers	Townhouse Flatbreads
Kashi Crackers	Townhouse Flip Sides
Keebler Toasteds	Townhouse Pita
Kellogg's Special K Cracker Chips	Triscuits
Pepperidge Farm Cracker Chips	Wheat Thins

Granola Bars

Cascadian Farms Granola Bars	Kellogg's Nutrigrain
Kashi Cereal Bars	Kellogg's Special K Breakfast Bars
Kashi Granola Bars	Project 7 Cereal Bars
Kellogg's Multi Grain Cereal Bars	

Misc

Annie's Cheddar Bites	Pretzel Chips
Garden Veggie Straws	Pretzel Thins
Gold Fish	Rice Cakes
Graham Crackers	Stauffers Animal Crackers
Pretzels	

Popcorn

Boom Chicka Pop	Smartfood Delight White Popcorn
Pirates Booty	Vic's White Popcorn
Skinny Pop	

Frozen Novelties

Bomb Pops	Sherbert
Frozen Fruit Bars	Sorbet
Fudge Bars	