

**White Pine County School
District**

Wellness Program

Policy

Approved 2/21/06

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White Pine County School District

Wellness Program Policy

Mission

To establish environments that increase health awareness, promote positive lifestyles, decrease the risk of disease, increase student performance through student health, and enhance the quality of life for district personnel.

Emphasis

Emphases of the Wellness Program **are for students and staff** to be physically active every day and **have** a balanced and nutritious diet.

Purpose and Justification

Health and performance are directly related. Research has found a clear connection between good nutrition, **health** and student achievement and schools that have implemented healthy food programs report fewer behavior problems. This regulation outlines requirements and directions for **nutrition education and physical activities designed to increase** the availability of healthy foods and beverages **to support students, staff, and parents and to increase nutritional awareness and physical activity.**

Effective July 1, 2006, the following nutrient standards will apply to all foods and beverages sold/**earned or given away** at all sites accessible to students from one-half hour before school starts until one-half hour after the end of the regular school day. The standards govern the quality and portion sizes of food and beverages authorized for sale/**earned/given away** through student stores, vending machines, a la carte sales, and school sponsored fundraising activities.

I. Nutrient Standards Requirements

Nutrient Standards and Guidelines are necessary to:

1. Provide a mechanism by which individual food and beverage products can be evaluated since products are reformulated and/or introduced almost daily,
 2. Set upper limits for nutrients of concern (i.e. total fat, saturated fat, sugar, sodium, etc.)
 3. Evaluate in products the level of key nutrients students need to increase (i.e. protein, fiber, vitamin A, vitamin C, iron, calcium, etc).
 4. **The presence of additional amounts of one key nutrient cannot be utilized to exempt food products.**
- A. Food Nutrient Value Guidelines. Food choices provided to students will meet the following standards.
1. No more than 30% of total calories from fat. No more than 10% of total calories from saturated fat, including trans fat. Nuts, seeds, fluid milk products containing 2% or less fat, and cheese or yogurt made from reduced-fat, low-fat, or fat-free milk are exempt from this standard.
 2. No more than 35% added sugar by weight (not including fruits and vegetables when used as additives).
 3. No more than 600 mg. of sodium per serving.
- B. Beverage Guidelines. Beverage choices provided to students will meet the following standards:
1. No carbonated drinks.
 2. No caffeinated beverages with the exception of caffeinated beverages containing naturally occurring caffeine in cocoa with less than 20 milligrams per 12 ounces.
 3. No beverages containing additives such as herbal/non-vitamin supplements.

4. Fruit or vegetable based drinks must be composed of a minimum of 50% fruit or vegetable juice.
 5. Plain waters or flavored waters must meet guidelines as outlined in the approved beverage list.
 6. Reduced-fat, low-fat milk, fat-free milk, or cultured low-fat or non-fat buttermilk which meet state and local standards for milk.
- C. Portion Guidelines. The following standards will be used in determining portion sizes of food choices provided to students:
1. Snacks and sweets (including but not limited to chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky): not to exceed 1.5 ounces, **chips (regular) not to exceed 1 oz at the elementary level and 1.25 oz. at the middle school/high school level.**
 2. Cookies: not to exceed 2 ounces.
 3. Cereal bars: not to exceed **2.2** ounces.
 4. Bakery items (e.g. pastries, muffins): not to exceed 3 ounces.
 5. **Any frozen dessert should not exceed 4 ounces.**
 6. **Electrolyte drinks should not exceed 12 oz. (Gatorade, Powerade, etc...)**
 7. Cheese: not to exceed 1.5 ounces.
 8. **Fruit Drinks/Frozen Slush's (must contain a minimum of 50% fruit juice)- 16 oz.**
 9. Other entrée items and side dishes **should not contain more than 30% Fat, 10% Sat Fat** and shall be no larger than the portions of those foods served as part of the National School Lunch Program.
- II. A selection of acceptable choices of approved foods and beverages will be developed and updated annually by the Food Service Department. This list will be distributed to all school sites for use in ordering items for vending machines, student stores, a la carte sales and school-sponsored fundraising activities, and will be incorporated into all school vending and food purchasing contracts.
 - III. The visibility, variety, and accessibility of fresh fruits and vegetables at school sites will be encouraged.
 - IV. K-12 nutrition education and materials will encourage awareness and promote healthy nutrition choices by students and adults. Information will be provided to parents encouraging them to make healthy choices in selecting snacks and lunch items they send to school with their child.
 - V. Food and beverages sold/**earned/given away** more than one-half hour outside of regular school hours are exempt from this policy.
 - VI. **Physical activity will be scheduled and meet agency guidelines**
 - VII. **Recess is scheduled before lunch.**
 - VIII. **Minimum seating time for students is 20 minutes for lunch and 15 minutes for breakfast.**
 - IX. Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.
 - X. Schools are encouraged to **use** non-food items such as pencils, stickers, etc., as choices in their student stores, vending machines; school sponsored fundraising activities and classrooms. **Incentives in the classroom should be non-food items.**
 - XI. Proceeds from sale of food and beverages on school grounds must directly benefit school academics, activities, or the WPCSD Nutrition Program.

- XII. Financial accounting for sale of food and beverages on school grounds must adhere to WPCSD accounting practices, procedures, and regulations.
- XIII. This policy applies to every school within the White Pine County School District.
- XIV. Parent's can send foods of their choice to school for their children to consume as a part of his/her lunch or nutrition break.
- XV. A parent/staff member may bring snacks/food to school to celebrate a child's birthday/holidays/special occasions.
- XVI. Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods at the elementary level. There must be 30 minutes of physical activity every day.
- XVII. Any physical education course, band, cheerleading, ROTC, passing periods and nutrition breaks constitutes physical activity. At the elementary level, recess also constitutes physical activity.
- XVIII. A person must be designated at each school site to provide oversight of the policy. This person reports on policy implementation and enforcement including but not limited to the following:
- A. The WPCSD food service department must be contacted regarding food items to be sold/earned/given away. Food labels must be presented to the department to determine whether it meets the approval requirements stated in this policy.
 - A list of approved food items will be on file at the Food Service Director's office. * * * Copies will be distributed as requested.
 - The list will be updated as new items are checked and approved.
 - B. An advisory group composed of representatives from the school community should include, but not necessarily be limited to:
 - Parents
 - Students
 - School Nurses
 - School Board Members
 - School Administrators
 - School Food Employees
 - C. Implementation measuring at both the school and district level should at a minimum consist of:
 - The number of students in each school
 - The average daily participation in the National School Lunch Program
 - The average daily participation in the School Breakfast Program
 - The level of the wellness policy implementation
 - The time of the lunch recess at the elementary school level
 - The length of the breakfast service
 - The length of the lunch service
 - When the recess before lunch was implemented at the elementary school level
 - The number of children with access to physical activity
 - The average number of physical activity minutes available to each student
 - The number of children with access to physical education
 - The number of children receiving physical education
 - The number of minutes of physical education provided

The total number of school days a student is required to attend physical education during the current school year
The name, business phone number, and e-mail address of the oversight officer

This information must be sent to the Nevada Department of Education for evaluation.

Exhibits

Healthy Fundraising Ideas

Things/Events to Do

Auction/Raffle (with donated items from local merchants)
Garage sale (with donated items from students, staff, parents etc...)
Balloon Bouquets Sale (for special occasions)
Candle Sale
Used Book Sale
*Car Wash
Flowers/Plants/Stuffed Animals (during graduation or other special occasions)
Arts & Crafts Sales
Holiday Gift Wrapping (contact local merchants for donation for gift wrapping in their stores)
Seasonal "Message Grams"
Healthy Snack Sales
Spaghetti Dinner
Pancake Breakfast
Rent-a-Teen Helper (babysitting, lawn care, housecleaning)
Read-a-Thon

Handmade Products

Students can produce calendars, healthy cookbooks, greeting cards and artwork for sale or auction. Sell handmade bead jewelry and accessories.

Entertainment Ideas

Talent Show
Battle of the Bands
Singing Telegrams
Carnivals
*Dances
*Sporting Events
Magic Show
Lip Sync Contest
*Bowling Night/Bowl-a-thon
*Golf Tournament
Bingo Night

*Have a jump-a-thon, dance-a-thon, rock-a-thon, jog-a-thon, walk-a-thon, or bike-a-thon. Students can solicit pledges for each unit of activity they complete.

*These activities will not only help with raising money, but will encourage physical activity in the process.

Things You Can Sell-Alternative Fundraising Items

Balloon Bouquets
Bath Accessories
Bean Bag Chairs
Books/Calendars
Button, Pins & Stickers
Candles
Cookbooks
Coupon Books
Emergency Kits for Cars
First Aid Kits
Flowers & Bulbs
Football Seats
Fruit & Vegetable Baskets
Gift Baskets
Gift Certificates
Gift Wrap, Boxes and Bags
Greeting Cards
Hats
Healthy Snack Items
Holiday Ornaments/Wreaths
House Decorations
Jewelry
Jump Ropes
Key Chains
License Plate Frames w/School Logo
Lotions/Soaps
Magazine Subscriptions
Megaphones
Mugs/Water Bottles/Souvenir Cups
Pencils/Pens/Erasers
Personalized Stationary
Picture Frames
Plants
Pocket Calendars
Scarves
School Art Drawings
School Frisbees
School Spirit Gear & Accessories (T-shirts, Hats, Visors, Button, Shorts)
Scratch-Off Cards
Services (Lawn care, Housecleaning, Babysitting)
Spirit/Booster Cards, Decals, Bumper Stickers
Seasonal Flags
Stadium Pillows/Blankets/Chairs
Stuffed Animals
T-Shirts/Sweatshirts
Temporary/Henna Tattoos
Tupperware
Valentine's Day Flowers
VIP Parking Spaces

Guidelines for the White Pine County School District School Fund-Raising when using food items

Make sure the food item in your fundraiser follows these guidelines:

1. Adheres to the Dietary Guidelines found on the website:
<http://www.health.gov/dietaryguidelines>
2. The item(s) fit at the bottom of the Food Guide Pyramid
3. The food item must list ingredients and nutrient content
4. The food item is less than 30% fat
5. The food item is less than 10% saturated fat
6. The food item is less than 35% sugar by weight
 - To determine this you must divide the grams of sugar into the grams of portion size.
 - Any naturally occurring sugar from fruit, milk or vegetables is acceptable.
 - Read the ingredient list. If there is anything that ends in an "ose" it is sugar. There are some foods that have a combination of added and naturally occurring sugar.
 - There are other types of sugar including but not limited to:
 - i. Mannitol
 - ii. Sorbitol
 - iii. Lactose
 - iv. Fructose
 - v. Sucrose
 - vi. Glucose
 - vii. Dextrose
 - viii. Maltose
 - ix. Invert sugar
 - x. Glucose syrup

Recommendations for Physical Activity

1. Any course where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
2. The physical activity should involve bodily movement that results in an expenditure of energy and should be at least at a moderate level of intensity. It should also be sufficient amount of time to provide a significant health benefit.
3. Children should accumulate at least 60 minutes of physical activity each day, or on most days of the week. Several bouts of 15 minutes of activity or longer can be used to accumulate the recommended amount of activity.
4. Periods of two or more hours of inactivity should be discouraged.
5. Elementary schools should provide at least 20 minutes of daily recess periods.
6. After-school programs should also promote physical activity to reduce or eliminate the time spent in sedentary activities such as watching television/videos.

Snacks and Beverages that DO NOT meet recommended criteria

Portion Control Elementary/Secondary Levels

- Chips 1 oz. / 1.25 oz.
- Snack Foods 1.5 oz. / 1.5 oz.
- Plain Cereal Bars 2.0 oz. / 2.0 oz.
- Cereal Bars with Fruit 2.2 oz. / 2.2 oz.
- Bakery Foods 3.0 oz / 3.0 oz.
- Frozen Desserts 4.0 oz. / 4.0 oz.
- 50% Fruit Drink
- 50% Fruit Slush 16 Oz. / 16 oz.

No Electrolyte replacement beverages at Elementary Level/*12 oz limitation at Secondary Levels MS/HS (Gatorade, Powerade, etc...)

Beverages

<u>Item</u>	<u>Manufacturer</u>
Cran-Grape, Cran-Raspberry, Cranberry, White Cranberry & Peach, Ruby Red Grapefruit, 16 fl oz, (473 ml)	Ocean Spray
Fruit20, Strawberry, 20 fl oz., (592 ml)	Veryfine Products, Inc.
*Gatorade, All Flavors, 20 fl oz. (591 ml)	Gatorade Co.
No Thaw Juice Cups, Cran-Apple, Cran-Grape, Cran-Raspberry, 4 oz	Ocean Spray
Powerade, energy drink, 20 fl oz (1.25 PT 591ml)	Coca-Cola Co.
Twister, (Orange, Strawberry Banana Burst), 10 fl oz (296 ml)	Tropicana
V8 Splash, Tropical Blend, 16 fl oz., (1pt.), (473 ml)	Campbell Soup Company
V8 Splash, Berry Blend, 16 fl oz., (1 pt.), (473 ml)	Campbell Soup Company
V8 Splash, Strawberry Kiwi, 16 fl oz., (1 pt.), (473 ml)	Campbell Soup Company

Any soft drinks, punches, iced teas, "designer" drinks (including "designer" dairy drinks) with more than 15 grams of added sugar per 8 oz. serving.

Any fruit-based drinks that contain less than 50% fruit juice real juice or that contain added artificial or natural sweeteners.

Any drinks containing caffeine or other additives, excluding low-fat or fat-free chocolate milk.

Chips/Snacks

<u>Item</u>	<u>Manufacturer</u>
Regular chips are not to exceed 1 oz at the elementary level and 1.25 oz. at the middle school/high school level.	
Baked Cheetos , HOT	Frito Lay
Cheetos Crunchy	Frito Lay
Cheetos Puffs	Frito Lay
Doritos Cool Ranch	Frito Lay
Doritos Nacho Cheese	Frito Lay
Doritos Salsa Verde	Frito Lay
Fritos Original	Frito Lay
Funyuns Regular	Frito Lay
Funyuns, Rings	Frito Lay
Funyuns Wasabi Flavor	Frito Lay
Lays BBQ	Frito Lay
Lays Cheddar & Sour Cream	Frito Lay
Lays Salt & Vinegar	Frito Lay
Ruffles Cheddar & Sour Cream	Frito Lay
Ruffles Sour Cream & Onion	Frito Lay
Smartfood Popcorn White Cheddar Cheese	Frito Lay
Sunchips Regular	Frito Lay
Sunchips Harvest Cheddar	Frito Lay

Cookies/Crackers/Muffins

<u>Item</u>	<u>Manufacturer</u>
Banana Nut Muffin, 4 oz (113 g)	Baker Source
Blueberry Muffin, 4 oz (113 g)	Baker Source
Chocolate Chip Cookies, 1 oz	Biscomerica
Chocolate Chip Muffin, 4 oz (113 g)	Baker Source
Cinnamon Spiral Danish, 3.75 oz (106 g)	Baker Source
Grandma's Oatmeal Raisin Cookies, 2pk (78g)	
Grandma's Peanut Butter Cookies, 2pk (78g)	
Grandma's Limited Edition Sugar Cookies, 2pk(78g)	
Grandma's Homestyle Vanilla Mini Cookies	
Grandma's Peanut Butter Sandwich Cremes	
Grandma's Rich 'n Chewy (6 Cookies)	
Grandma's Cookie Bites, Vanilla Crème	
Grandma's Vanilla Mini Cookies	
Grandma's Vanilla Sandwich Cremes	
Grandma's Chocolate Chip Cookies, 2 pk, (78g)	
Grandma's Fudge Chocolate Chip Cookies, 2pk, (78g)	
Grandma's Limited Edition, Iced Lemon Cookies, 2 pk,	
Honey Bun, 1.79 oz, (50g)	Little Debbie
Knott's Berry Farm, Raspberry Cookies, .7 oz	Biscomerica
Knott's Berry Farm, Bosenberry Cookies, .7 oz	Biscomerica
Knott's Berry Farm, Apricot Cookies, .7 oz	Biscomerica
Marshmallow Treats, 6.7 oz (24g)	Little Debbie
Mini Chocolate Chip Kookies, 1.1oz	Biscomerica

Mini Danish, 1.25 oz. (35g)	Baker Source
Oatmeal Cookies, 1 oz	Biscomerica
Reduced Fat Choc, Choc, Chip Muffin, 1 Muffin, 3.6 oz	Otis Spunkmeyer
Reduced Fat Choc, Choc, Chip Muffin made w/Who, 1 muffin, 1.8 oz.	Otis Spunkmeyer
SeAnimals Crunchy Cookies, 1 oz. (28g)	Keebler
Vanilla Cookies, 1 oz	Biscomerica

Breakfast Items/Cereal/Energy Bars

<u>Item</u>	<u>Manufacturer</u>
Breakfast Wrap, Egg Omelet w/Cheese, Flour, 3.1 oz	Sunny Fresh Foods
Cereal & Milk Bar, Cocoa Krispies, 1 bar (23g)	Kellogg's
Cereal & Milk Bar, Froot Loops, 1 bar (22g)	Kellogg's
Cereal & Milk Bar, Frosted Flakes, 1 bar (26g)	Kellogg's
Tortilla, 3.1 oz.	Sunny Fresh Foods
Honey Maid Soft Baked Snack Bar, Banana, 1.3 oz (37g)	Nabisco
Nutri-Grain Cereal Bar, Cherry, 1 bar (37g)	Kellogg's
Nutri-Grain Muffin Bar, Banana, 1 bar, (45g)	Kellogg's
Nutri-Grain Muffin Bar, Bluberry, 1 bar (45g)	Kellogg's
Nutri-Grain Muffin Bar, Cinnamon Raisin, 1 bar (45g)	Kellogg's
Nutri-Grain Yogurt Bars, Strawberry, 1 bar (37g)	Kellogg's
Nutri-Grain Yogurt Bars, Vanilla, 1bar, (37g)	Kellogg's
Q-Smart, Peanut Butter Choc. Chip Snack Bar, 1.0 oz (28g)	Quaker

Frozen Desserts

<u>Item</u>	<u>Manufacturer</u>
Barq's Floatz, 4 fl oz tube	J&J Snack Foods
Frostar Pudding On-A-Stick, Chocolate or Chocolate/Vanilla Swirl, 1.75 fl. Oz (51 ml)	J&J Snack Foods
Minute Maid Soft Frozen Lemonade, Lemonade/Strawberry or Lemonade/ Raspberry, 12 oz cups	J&J Snack Foods

Miscellaneous

<u>Item</u>	<u>Manufacturer</u>
Apple Pie, 4 oz (113g)	Little Debbie
Burrito, Ultimate Bean & Cheese	Commodity
Burrito, Macho Chili Cheese	Commodity
Cracker Jack, Original, 1/2 cup(28g)	Frito Lay
Cracker Jack, Butter Toffee Clusters, ¾ cup(28g)	Frito Lay

Cherry Pie, 4 oz (113g)	Little Debbie
French Twists, Chocolate Chip, 4.5 oz(128g)	Barry's Bakery
French Twists, Original, 4.5 oz(128g)	Barry's Bakery
Fruit Jammers, Gummy Bears 1oz (28g)	Sunbelt
Fruit Jerky, .7 oz (20g), Strawberry/Kiwi	SunOpta
Gourmet Soft Pretzel Buns, 3.2 oz	J&J Snack Foods
King Size Soft Pretzel, 5 oz. (142g)	Block & Barrell Classic
Mozzarella Bread Stick, 1.93 oz	Commodity
Munchies, Traditional Mix, ½ cup(28g)	Frito Lay
Munchies, Ultimate Cheddar Mix, 3.4 cup(28g)	Frito Lay
Pizza Bagel	Commodity
Pizza, PR Pocket, Tony's	Commodity
Pretzel Fillers, Apple Pie, 3.5 oz	J&J Snack Foods
Pretzel Fillers, Jalapeno-n-Cheese, 3.5 or 6.25 oz	J&J Snack Foods
Pretzel Fillers, Pizza 3.5 oz	J&J Snack Foods
Pretzel Fillers, Sweet Cream Cheese, 3.5 oz	J&J Snack Foods
Quakes, Rice Snacks .39 oz (11 g)	Quaker
Superpretzel-Big Cheese, 5.0 oz	J&J Snack Foods
Superpretzel Soft Pretzel-King Size 5.0 oz.	J&J Snack Foods
Tio-Pepe's Churros Pastry Stix, Chocolate, Strawberry-King Size	J&J Snack Foods

Items may be added or deleted as nutrient information becomes available.

Parfaits/Pudding

Banana Pudding, ¼ cup (64g)	Sysco
Chocolate Pudding, ¼ cup(64g)	Sysco
Parfait, Peaches & Crème, Pineapple & Crème,	Dole
Parfait, Apples & Caramel Crème, 4.3 oz., (123g)	Dole
Vanilla Pudding, ¼ cup (64g)	Sysco

Approved Healthy Lists

Portion Control Elementary/Secondary Levels

Chips 1 oz. / 1.25 oz.
Snack Foods 1.5 oz. / 1.5 oz.
Plain Cereal Bars 2.0 oz. / 2.0 oz.
Cereal Bars with Fruit 2.2 oz. / 2.2 oz.
Bakery Foods 3.0 oz / 3.0 oz.
Frozen Desserts 4.0 oz. / 4.0 oz.
50% Fruit Drink
50% Fruit Slush 16 Oz. / 16 oz.

No Electrolyte replacement beverages at Elementary Level/12 oz limitation at Secondary Levels MS/HS (Gatorade, Powerade, etc...)
Juice beverages must be at least 50% real juice

Approved Healthy Beverages

<u>Item</u>	<u>Manufacturer</u>
Apple Juice, 100%, 16 fl oz (473 ml)	Ocean Spray
Apple Juice, 100%, 5.5 oz, 1 can	Tree Top
Aquafina, 20 fl oz. (1.25 pt, 591 ml)	Pepsico
Arrowhead Spring Water, 1pt.8oz (710 ml)	Arrowhead Mt. Spring Water Co
Dole 100% Juice Drinks, Apple, Cranberry, Orange, Pineapple Peach Mango, Ruby Red Grapefruit, Strawberry Kiwi, 15.2 oz (450ml)	Dole
FlavorSplash, Raspberry, Citrus, Wild Berry, Grape, 20 fl oz. (1.25 pt, 591 ml)	Pepsico
Gatorade, Berry, Ice Punch, Lemon-Lime, Strawberry, 12 fl oz. (591 ml)	Gatorade Co.
Grape Juice, 100% Juice, (12 fl oz, 1 Bottle 355 ml)	Welch's
Life Water (Sobe), Blackberry/Grape, Orange/Tangerine, Strawberry/Kiwi, Pomegranate/Cherry, 20 fl oz, (1.25 oz, 591 ml)	Pepsico
Milk, 1% Lowfat, Chocolate (236 ml)	Cream O'Weber
Milk, 2% Reduced Fat, (236 ml)	Cream O'Weber
Milk Chocolate Chug, Lowfat 1%, pint (473 ml)	Cream O'Weber
No Thaw Juice Cups, 100% Apple, 100% Orange, 4 oz.	Ocean Spray
Orange Juice, 100% Juice, 10 fl oz (296 ml)	Tropicana
Orange Juice, 100% Juice, 8 oz (240ml)	Ocean Spray
Pineapple Juice, 100% Juice, 6 oz. (177ml)	Sysco Imperial
Pineapple Juice, 6 oz. (168g) or 8 oz. (224g) 100% Juice, unsweetened.	Dole
Propel Fitness Water, All Flavors, 16. fl oz., (500 ml)	Gatorade Co.
Riptide Refreshers Fortified Water, all flavors, 8 fl oz.	RWI
Smoothies, 100% and 50% Juice, 11 fl oz. (325 ml)	Tropicana
Sobe, Synergy Drinks, Fruit Punch, Grape, Kiwi Strawberry, Lemonade, Mango Orange, 11.5 oz (340ml)	Pepsico
Vital Fruit-Nutrient Beverages 8 fl oz., all flavors	RWI

***Note: All fresh, chilled juices and milk must be pasteurized-this statement must appear on the label.

***Only the flavors and sizes specified above may be purchased and must conform to the WPCSD wellness policy. No other flavors may be sold or served to students within the district.

Items may be added or deleted as nutrient information becomes available.

Approved Snacks that Meet Recommended Criteria

Fresh Fruit

<u>Item</u>	<u>Manufacturer</u>
Apple (Red, Medium)	All brands
Banana (Medium)	All brands
Orange (Medium)	All brands
Pear (Medium)	All brands
Tangerine (Medium)	All brands

Canned/Frozen/ Dried Fruit

<u>Item</u>	<u>Manufacturer</u>
Misc. Fruit Bowls, 4 oz (112g) & 4.3 oz (120g), in fruit juice, light syrup, in pineapple juice, also in kiwi-berry gel, orange gel and strawberry gel.	Dole
Peach Cups, Freestone, 4.4 oz (125g)	Commodity

Chips/Snacks

<u>Item</u>	<u>Manufacturer</u>
Baked Lays, Nacho Cheese, 1 oz. (28g)	Lays
Baked Lays, Sour Cream & Onion, 1 oz. (28g)	Lays
Carnival Crunch, .75 oz (21 g)	Azar Nut Company
Nutty Peanut Butter Bars, 1.06 oz. (30 g)	Little Debbie
Oatmeal Crème Bars, w/whole grain oats, 1.06 oz. (30 g)	Little Debbie
Swiss Crème Bars, 1.06 oz (30g)	Little Debbie

Cookies/Crackers

<u>Item</u>	<u>Manufacturer</u>
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Animal Snackers 1oz.	Biscomerica
Animal Crackers, Chocolate, 1 o. (28g)	Stauffer's
Character Graham's-Winter, Shamrock, Spring, Superstars, Fall, (1 oz. individually wrapped)	Mrs. GoodCookie
Chocolate Animal Snackers, 1 oz.	Biscomerica
Graham Belly Bears, Cinnamon, Honey Graham, Chocolate, Chocolate Chip, 1 to 1.2 oz. pkg.	Mrs. GoodCookie
Icee Cookies, 1 oz. pkg.	Mrs. GoodCookie
Jungle Crackers, Fruit Sweetened or regular, 1.1 oz. pkg	Mrs. GoodCookie
Magic Cookies, 1 oz.	Biscomerica
Reduced Fat Chocolate Chip Cookie, 1.0 oz-2.5 oz	Cookietree Bakeries
Spooky Cookies, 1 oz	Biscomerica
Star Spangled Cookies, 1 oz. pkg.	Mrs. GoodCookie
USA Cookies, 1 oz.	Biscomerica

Breakfast Items/Cereal Bars/Energy Bars

<u>Item</u>	<u>Manufacturer</u>
All-Bran, Brown Sugar Cinnamon Bar, 1 bar (35g)	Kellogg's
All-Bran, Honey Oat Bar, 1 bar (35g)	Kellogg's
All-Bran, Oatmeal Raisin Bar, 1 bar, (35g)	Kellogg's
Chewy, Oatmeal Raisin Granola Bar, 1 bar (24g)	Quaker
Gogurt, Portable Yogurt, 2.25 oz (64g)	Yoplait
Golden Graham's Cereal, 1 oz (28g)	General Mills
Nutri-Grain Cereal Bar, Apple Cinnamon, 1 bar (37g)	Kellogg's
Nutri-Grain Cereal Bar, Blueberry, 1 bar (37g)	Kellogg's
Nutri-Grain Cereal Bar, Mixed Berry, 1 bar (37g)	Kellogg's
Nutri-Grain Cereal Bar, Raspberry, 1 bar (37g)	Kellogg's
Nutri-Grain Cereal Bar, Strawberry, 1 bar (37g)	Kellogg's

Frozen Desserts

<u>Item</u>	<u>Manufacturer</u>
Blueberry Fruit Bar, 1 fruit bar (55)	Schwan's
Blue Raspberry Freeze & Cherry Freeze	J&J Snack Foods
Bomb Pop Jr. Ice Pops, 1 pop (52 g)	Schwan's
Cherry Freeze Cup, ½ cup (106 g)	Schwan's
Chocolate Fudge Stick, 1 bar, (79g)	Schwan's
Frostar Juice On-A-Stick, Cherry, 1.75 fl. oz.	J&J Snack Foods
Frostar Juice Cup, Orange or Cherry, 3 fl. oz.	J&J Snack Foods
Fruit Flurry, Pineapple, Pineapple Mango,	
Strawberry Banana, 4.2 oz. (118g)	Dole
Fudge Bar, 2 bars, 3.89 oz. (109g)	Blue Bunny
Icee Squeeze-Up Tubes, Watermelon Freeze,	
Blue Raspberry Freeze, Cherry Freeze, 4 fl oz.	J&J Snack Foods
Luigi's Real Italian Ice, Squeeze Up Tube,	
Kiwi-Strawberry, Pina-Colada, Mango 4. fl oz	J&J Snack Foods

Luigi's Sherbet, Lime, Grape, Raspberry, Orange & Chocolate, 1 cup, 4 fl. oz (118 ML)	J&J Snack Foods
Minute Maid Juice Bars, Cherry, Blue Raspberry, 2.25 fl. oz., (66 ml)	J&J Snack Foods
Minute Maid Juice Bars, Blue Raspberry, Cherry Apple, 3.1 fl. oz. (91 ml)	J&J Snack Foods
Minute Maid Juice Bars, Fruit Punch, Strawberry, 2.25 fl. oz., (66ml)	J&J Snack Foods
Minute Maid Juice Bars, Strawberry, Green Apple 3.1 fl. oz., (91 ml)	J&J Snack Foods
Minute Maid Juice Bars, Green Apple, Pink Lemonade, 2.25 fl. oz.,(66ml)	J&J Snack Foods
Minute Maid Juice Bars, Pink Lemonade, 3.1 fl.oz., (91 ml)	J&J Snack Foods
Minute Maid Soft Frozen Cherry Limeade, 4 oz. tube	J&J Snack Foods
Raspberry & Orange Healthy Creations Crème Bars, 1 bar (64g)	Schwan's
Rainbow Healthy Creations Bars, 1 bar (64g)	Schwan's
Peach Mango Fruit Bar, 1 bar, (55g)	Schwan's
Shape Ups, Swirled frozen juice cup, Heart, Shamrock, American Flag, Pumpkin, Snowman, 3 oz	J&J Snack Foods
Strawberry Fruit Bar, 1 bar, (52g)	Schwan's
Sunshine Swirl, Strawberry Banana Blast, Blue Razzin Lemonade, 4 oz.	J&J Snack Foods
Sunshine Swirl, Bubble Gum Burst, 4 oz	J&J Snack Foods
Sunshine Swirl, Cotton Candy, 4 oz	J&J Snack Foods

Miscellaneous

<u>Item</u>	<u>Manufacturer</u>
Bagel, Cinnamon Raisin, 3oz (85g)	Otis Spunkmeyer
Bagel, Blueberry, 3 Oz (85g)	Otis Spunkmeyer
Bagel, Plain, 3 oz. (85g)	Otis Spunkmeyer
Funnel Cake, Regular Size, 1 funnel cake (83g) 2.93 oz.	J&J Snack Foods
Gourmet Pretzel Rolls, Reg. Size Bavarian Style, 2.7 oz.	J&J Snack Foods
Pretzel Sticks, 2 Softstix .75 oz (about 50g)	J&J Snack Foods
Pretzels, Fat Free, Mini, 1 bag, 1.25 oz(35.4 g)	Block & Barrell
Reduced Fat Banana Muffin, 1 muffin, 3.6 oz.	Otis Spunkmeyer
Reduced Fat Blueberry Muffin, 1 muffin , 3.6 oz.	Otis Spunkmeyer
Reduced Fat Chocolate Chip Cookie Dough, 1oz.(28.3g) up to 2.5 oz. (70.8g)	Cookietree Bakeries
Superpretzel, Pretzels Mozzarella, 1.7 oz	J&J Snack Foods
Superpretzel Superstix, Stuffed Soft Pretzel	
Sticks-Cinnamon Bun, 1 stick w/icing (59g)	J&J Snack Foods
Superpretzel Soft Pretzel Bites, .75 oz.	J&J Snack Foods
Superpretzel Soft Pretzel Rods, 1 oz., 1 pretzel rod	J&J Snack Foods
Superpretzel Cinnamon Raisin Soft Pretzel, with Or without icing, 2.5 oz, 1 pretzel	J&J Snack Foods
Superpretzel Soft Pretzels-Regular, 2.5 oz.	J&J Snack Foods

Superpretzel Soft Pretzels, 1 oz size	J&J Snack Foods
Superpretzel Softstix-Cheese Filled Soft Pretzel Sticks, .75 oz 2 Softstix (about 50 g)	J&J Snack Foods
Texas Twist Soft Pretzels, Bavarian Style, 3oz., (85g), 1 pretzel	J&J Snack Foods

Entrée Items

<u>Item</u>	<u>Manufacturer</u>
Burrito, Red Chili, Chicken & Bean, Prefried, 5.75 oz.	Butcher Boy/Sysco
Burrito, Bean & Cheese, (5 Oz. 142 g)	Jose' Ole'
Burrito, Scrambled Egg, Cheese & Potato, 3.45 oz, (98g)	Jose'Ole'
Roll w/margarine, 1 roll	School Service Recipe#000650
Soup, Tomato, Campbell's, 1.2 cup	School Service Recipe#000578
Spaghetti, Plain sauce, 1/2 cup	School Service Recipe#000599
Tony's Pizza Strips, Pepperoni, 3.1 oz (86.8g)	Schwan's

***Only the flavors and sizes specified above may be purchased and must conform to the WPCSD wellness policy. No other flavors may be sold or served to students within the district.

Items may be added or deleted as nutrient information becomes available.