

CUERO ISD HEALTH SERVICES

List of Approved Snacks

The following snacks have been approved for students attending elementary campuses that allow snacks to be brought from home. The list was comprised in accordance with state guidelines, along with recommendations from Centers for Disease Control and squaremeals.org.

Drinks: Water

Foods:

Pretzels	Animal Crackers
Fresh fruit	Graham Crackers
Wheat / Saltine Crackers	English Muffin
Fruit grain bars	Rice cakes (not Rice Crispie Treats)
Fruit / Grain muffin	Dry cereal
Bagels	Fig bars
Vanilla Wafers	Granola Bars
Goldfish / Cheese Crackers	Applesauce
Pudding cups	$\frac{1}{2}$ sandwich/wrap (meat/cheese/veggie)
Yogurt	Raisins / Craisins / Yogos
Dried fruit	String Cheese
Raw Vegetables with low fat dip	Popcorn