



# Killeen ISD

## Suggestions

### for

# Smart Snacks

## High School

All foods/beverages SOLD to students during the school day must meet USDA Smart Snack rules.

### Beverages:

(Juice, Milk, and “Low Calorie”- HS may have up to 12 oz)

- Plain water
- 100% fruit or vegetable juice
- Milk (unflavored low fat, unflavored fat free, or flavored fat free)
- Diet Snapple
- G2

“No Calorie” beverages: (HS may have up to 20 oz.)

- Propel
- Powerade Zero
- Lipton Brisk Diet iced tea

### Whole grains:

- Wheat Thin crackers
- Granola bars- Quaker Chewy and Nature Valley Crunchy Oats ‘N Honey
- Rice Cakes-Quaker Carmel Corn and Quaker Apple Cinnamon
- Popcorn- Smartfood Delight White Cheddar

### Fruits and Vegetables:

- Fresh fruit- such as apples, oranges, bananas
- Dried fruit-such as raisins or dried cranberries
- Applesauce
- Canned fruit- packed in water, 100% juice, or light syrup.
- Fresh vegetables- such as carrot sticks, celery sticks, broccoli

### Other snacks:

- Reduced fat String Cheese
- Yogurt- Dannon Light and Fit, Yoplait
- Trail mix (made with unsalted nuts and dried fruit)
- Unsalted nuts

For more information on Smart Snacks you may contact the KISD Department of School Nutrition (254) 336-0775.

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