



# Acceptable Food & Beverage List

*Renwick, USD 267*



All foods and beverages served at school parties, school-sponsored events/activities, as rewards/incentives/celebrations and in school lunches, are required to meet the federal government's "basic level" guidelines for a la carte foods and beverages.

## Beverages

### Juice

**TIP:** Look for juices that contain 50-100% fruit juice and don't contain ADDED sweeteners.

Great Value-Apple  
Juicy Juice: 100% juices/all varieties  
Langer's Orange  
Old Orchard: Orange and Apple  
Minute Maid Juices to Go: Orange, Orange blends, Apple, and White Grapefruit  
Minute Maid Boxes: All varieties  
Mutt's: Apple, Orange  
Ocean Spray: 100% juices  
Treetop: Apple and Grape  
Dole: Pineapple Orange, Orange, Strawberry Banana, Pineapple & Orange & Banana  
Tropicana: Orange, Apple, Grape, Orange Pineapple  
Very Fine: 100% juices Apple, Orange, Grape and Grapefruit  
V-8 Juice (low sodium if possible)  
V-8 Fusion: all varieties  
Welch's: Orange and Grape

**Yogurt Beverages:** low fat

**Water, Bottled:** non-carbonated, all brands

**Water, Flavored:** No sugar added... Fruit 2 0, Fruit 2 0 Plus

**Milk, skim or 1% fat:** white and flavored

### EXCEPTIONS:

- Pop/Soda can be sold from concession stands during extra-curricular events that occur after school hours.

## Crackers, Cookies, Breakfast/Cereal Bars, etc (approximately 1 oz serving)

**TIP:** Look for snacks that contains less than 30% of total calories from fat, less than 10% of total calories from saturated fat and have 35% or less or less of its weight from sugars, excluding sugars occurring naturally in fruit, vegetables and dairy ingredients.

**Graham Crackers:** Regular or low fat, most brands

**Cheese Nips:** Nabisco reduced fat

**Animal Crackers:** Kellogg's, Nabisco, Stauffers

**Pretzels:** Rolled Gold Honey Braid Pretzel Twist, Snyder's Pretzel—Sour Dough

**Fig Newton's:** Nabisco regular or low fat

**Teddy Grahams:** Nabisco

**Rice Krispie Treat:** Kellogg's original

**Cereal Bars:** Milk & cereal bars—General Mills, Cheerios, Kellogg's Nutra Grain all varieties, Kellogg's Nutra Grain Twists, all varieties

**Granola Bars:** Chewy—General Mills Nature Valley, yogurt coated varieties, Quaker.. Crunchy—General Mills Nature Valley, all varieties

**Fruit & Grain Bars:** Quaker Oat—Fruit and Oatmeal Bars, all varieties, Great Value Low fat, all varieties, Kashi Fruit and Grain bars

**Trail Mix Bars:** Chewy—General Mills Nature Valley, fruit & nut

**Cheex Mix:** General Mills, Gardetto's

**Journey Bars:** Keebler, Apple, Cinnamon and Peanut Butter Fudge

**Whole Wheat:** Muffins, bread sticks, bagels and pita bread

**100 Calorie Packs:** Pepperidge Farms—Oatmeal Raisin Cookies, Goldfish Baked Snack Crackers, Nabisco—Chips Ahoy Fudge Drizzle Choco Chip

Cookies, Chip Ahoy Tin Crisps, Peanut Butter Cookie Crisps, Honey Maid Cinnamon Roll Thin Crisps. What Thin Toasted Chips, Cheese Nips Thin Crisps, Sweet and Salty Mix Kettle Flavor, Ritz Snack Mix, Lorna Doone Shortbread Cookie Crisps, Oreo Thin Crisps, Keebler—Cheez -its, Grasshopper Fudge Strips, Rice Krispie Treat, Sandi Shortbread, Chips Deluxe Original

## Dairy

**TIP:** Look for snacks that contains less than 30% of total calories from fat, less than 10% of total calories from saturated fat and have 35% or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables and dairy ingredients.

**Cheese:** Reduced fat varieties such as American, Cheddar, Monterey Jack, Mozzarella, String cheese, etc.

**SERVING IDEA:** Cheese & Crackers, Fruit & Cheese, Cheese Dips

### Yogurt

**TIP:** Low fat with no more than 30 grams carbohydrates and 120 calories per serving

Bryers (8 oz cup) Light Fat Free—all varieties

Columbo (8 oz cup) Light—all varieties

Dannon (4 oz. cup)

Fruit Blend & Light N Fit—all flavors

Light N Fit Smoothie—all flavors

Dannon (6oz cup) Light N Fit—all flavors

Great Value (8 oz. cup) Light—all flavors

Yoplait Go-Gurt (1 tube)—all flavors

Yoplait (4oz. cup) Triz and Yumsters

**Pudding snacks:** Great Value (4oz)—all flavors, Hunts Snack Pack Squeeze n Go Pudding Tubes—all flavors

**Ice Cream**

**Ice Cream Bars**

## Fruits & Vegetables

**Fruits:** Fresh, frozen, dried and canned

**SERVING IDEA:** Fruit, cheese & Crackers, Fresh- trays with Dip, Kabob and Smoothie

**Vegetables:** All varieties—baby carrots, broccoli florets and others cut into bite size pieces

**SERVING IDEA:** Fresh-trays with dip

**Nuts:** Approximately 1 oz. serving—All varieties of nuts and sunflower seeds are acceptable. Although they are high in fat, they contain the type of fat which is beneficial to health. **ALERT:** Some children have nut allergies. Check to see who in class/school has an allergy before serving.

## Other Snack ideas

**TIP:** Look for snacks that contain less than 30% of total calories from fat, less than 10% total from saturated fat and have 35% or less of its weight from sugar, excluding sugars occurring naturally in fruits, vegetables and dairy ingredients.

**Popcorn:** Popweaver Light Butter, Orville Redenbacher Smart Pop or Kettle Corn

**Fruiti Snacks:** Contains 50%-100% juice

**Trail Mix (dried fruit, cereal and nuts)**

**Mini Sandwiches:** lean meat, cheese and or light dressing mayo, mustard, etc

**Beef Jerkey**

**Baked Chips w/low fat dips/salsa**

## Federal regulations set a minimum standard for FOODS OF MINIMAL NUTRITIONAL VALUE. The following foods are restricted from sale/service in Renwick, USD 267.

**Soda Pop/Soda Water:** includes all carbonated beverages

**Water ices:** includes any frozen, sweetened water such as "sicles" and flavored ice **does not** include products that contain 50%-100% fruit or fruit juice.

**Chewing gum:** includes any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing

**Certain candies:** includes processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:

1. **Hard candy**-includes such foods as sourballs, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, and rock candy.
2. **Jellies and gums**-includes such foods as, Skittles, Hot Tamales, Jelly Beans, Gumdrops, Jellied and Fruit-flavored slices
3. **Marshmallow candies**
4. **Fondant**-includes such foods as candy corn and soft mints
5. **Licorice**
6. **Spun candy**

**Candy-coated popcorn**

### **EXCEPTIONS:**

Because most candy bars, chips and cakes have "**some**" nutritional value, most meet the minimal requirements for the basic level al-a-carte guidelines. Therefore, they can be served/sold. (Not recommended). If these items are distributed, please limit the amount served/distributed.

If you have any questions about the [Acceptable Food and Beverage List for Renwick USD 267](#), please contact your child's building principal.