

## **CUERO ISD HEALTH SERVICES List of Approved Healthy 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 the Center for Disease Control and [squaremeals.org](http://squaremeals.org).**

**Drinks: Water**

**Foods:**

- **Pretzels**
- **Animal Crackers**
- **Fresh fruit**
- **Graham Crackers**
- **Wheat / Saltine Crackers**
- **English Muffin**
- **Fruit grain bars**
- **Rice cakes (not Rice Krispie Treats)**
- **Fruit / Grain muffin**
- **Dry cereal**
- **Bagels**
- **Fig bars**
- **Vanilla Wafers**
- **Granola Bars**
- **Goldfish / Cheese Crackers**
- **Applesauce Pudding cups**
- **½ sandwich/wrap (meat/cheese/veggie)**
- **Yogurt Raisins / Craisins / Yogos**
- **Dried fruit**
- **String Cheese**
- **Raw Vegetables with low fat dip**
- **Popcorn**