



# Brighter Choice

**CHARTER ELEMENTARY SCHOOLS**

*for Boys & Girls*

## APPROVED SNACKS 2017-18

BC Families,

This year we have many exciting improvements to our in-school meals. Menus continue to be improved to balance health and taste. In order to promote a healthy lifestyle and school environment, combat childhood obesity, and ensure the best for our scholars with life-threatening allergies the Brighter Choice Schools will continue their health snack initiative. Snacks provided by Brighter Choice now meet strict nutritional requirements. **Any snack or treat brought from home for snack or birthday celebration must meet these same guidelines. This brief letter lists acceptable items families may send with their scholar for snack or birthday celebration.** Please contact us with any questions.

Acceptable Snacks	Non-Acceptable Snacks
Fruit: apples, peeled oranges, bananas, grapes	NO Nuts, or nut containing products OR nut substitute products
Vegetables: cucumbers, carrot sticks, celery, broccoli etc.	No trans-fat added pop corn
Crackers: wheat/goldfish/cheese crackers/pretzels/bread sticks	No Candy
Fruit: apples, peeled oranges, bananas, grapes	No ice-cream
Dried fruit: raisins, apricots, cranberries	No chocolate chip cookies
Saltines and slices of cheese	No sugar buns or other sugary snacks
Cheese sticks	No salty/cheesy snacks (chips, cheese puffs, onion rings etc.)
Yogurt	No fast food (McDonalds, Dunkin Donuts, Burger King etc.)
Dried fruit: raisins, apricots, cranberries	No sugary drinks (ice tea, soda, etc.)
Low Sugar Whole Grain Dry Cereal: such as Cheerios, Kix, Chex	No cakes/cupcakes
Low calorie cereal bars such as Nutrigrain/ Special K bars	No chocolate covered snacks (unless 100 calorie pack size)
Apple sauce( all varieties, low sugar)	<p>We can never list all unhealthy snacks so please use your best judgement when providing snacks for your scholars.</p> <ul style="list-style-type: none"> <li>- Read the labels, if there is excessive sugar, salt, etc. then it's not healthy.</li> <li>- 100 calories or less is best.</li> </ul> <p>Thank you for your support with this initiative that we are taking.</p>
Low calorie, low sugar Granola bars (no nut varieties)	
Graham crackers ( all varieties)	
Low calorie, low sugar muffins	
Low calorie, low sugar fruit breads	
Bagels with low fat cream cheese	
Water	
100% no sugar added fruit juice	
Low calorie oatmeal cookies	
100 calories snack packs	
<b>Celebrations Only</b>	
Half sandwich (no peanut or almond butter, or substitutes), <b>turkey or chicken meat only</b>	
Low calorie/sugar free ice pops (preferably 100% juice)	
No fat Frozen yogurt	
All beef or turkey hot dogs with whole wheat buns	
Whole grain pizza with low fat cheese	