

IMPORTANT NEWS

Revised Raymore-Peculiar K-6 Snack Guidelines

In order to meet Federal Government Regulations concerning student wellness, the Raymore-Peculiar School District has made following changes to the guidelines that govern snacks at school. These regulations can be found at <http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>

- Snacks sent to school for the purpose of sharing with other students **must** come from the approved snack list below and be packaged, not homemade. One example of this would be children wanting to bring treats to school on their birthday to share with their class.
- Snacks offered in the cafeteria will come from the approved snack list and only be offered on Tuesdays and Thursdays.
- Each school may set a maximum of five events per classroom, per school year that are not required to follow the approved list. One example of this would be a holiday party.

We appreciate your support in our endeavor to promote healthy eating habits for all of our children. Please feel free to contact us if you have any questions or would like to see an item added to the list.

SNACK LIST

* Animal Crackers	* Graham Crackers
* Pretzels (Rold Gold Brand)	* Cheese (Low Fat or Fat Free)
* Nutrigrain Bar	* Vegetables & LowFat/Fat Free Dip
* Sugar Free Pudding (Hunts or JellO)	* Flavored Rice Cakes
* Water	* Portable Yogurt (Gogurt)
* Whole Grain Cheetos	* Snack Size Cereal Boxes (most)
* 100 Cal Packs	* Teddy Grahams
* Sugar Free Jell-O	* Applesauce/Fruit Cups
* Raisins/Dried Fruit	* Milk
* 100% Fruit Juice/Popsicles	* Fresh Fruit
* Fruit Snacks with real fruit juice	* Rice Krispy Treats (original)
* Act II Microwave Popcorn (Fat free butter)	* 100% Fruit Juice (8oz)
* Whole Grain Crackers (Cheez Its, Plain Ritz, Wheat Thins, Goldfish)	* Reduced Fat Doritos (1oz)
* Baked Chips (Lays regular)	Trail Mix
Nuts	
Kudos Bars	

Items denoted with * are peanut free.

Reminder, anything that contains nuts or has been processed in a facility that handles nuts is NOT peanut free.