

**North Hanover Township School District
Approved Healthy Food List 19-20**

Fresh Veggies

Fresh Fruit

Raisins

Applesauce cups-Musselman's, Mott's

Dried Fruit Packaged snacks

Cheese tray

Cheese slices

Water bottles

**Any fresh fruit or veggies must be store bought already prepared trays prepared by the store.*

Pretzels

UTZ - Sourdough Special, Extra Dark Sourdough, Unsalted Sourdough Special, and Butter Waffles (all contain wheat and milk) (ALL UTZ products are manufactured in a plant with Sesame Seeds)

Rold Gold- Fat-free Tiny Twists, Honey Mustard Tiny Twists, Thins (all contain Wheat)

Bachman- Rolled Rods, Thin, Original Twists (all contain wheat and processed in a plant that uses sesame seeds)

Potato Chips

UTZ- Baked Original, Baked Tangy BBQ, Baked Ripple Cut (contain Soy and Manufactured with Milk) and Baked Sour Cream and Onion Ripple Cut (Contain Soy and Milk)

Lays- Original, Lightly Salted and Deli Style

Tortilla Chips

UTZ- White Corn, Yellow Corn, Baked Bite Size (manufactured with milk, wheat and Soy)

Tostitos- SIMPLY Tostitos Yellow or Blue, Oven Baked Scoops, Original Restaurant Style

Popcorn

Bachman-Air popped Popcorn, Lite Air Popped and Butter (contains milk)

UTZ- Butter, White Cheddar (both contain milk)

Skinny Pop- Original, black pepper, sweet, white cheddar (natural ingredients no milk) cheddar (contains milk)

Pita Chips

Stacy's - Simply Naked, Multigrain, Cinnamon Sugar (contains wheat)

Salsa

Tostitos - Mild Salsa

Sabra- Homestyle Salsa

Ortega- Homestyle mild, Thick and Chunky mild

Dips

Sabra- Guacamole,

Sabra- Greek Yogurt Dip, Crisp Bell Pepper or Diced Onion (All contain milk)

Tostitos- Zesty Taco Dip (contains milk)

Kraft- Ranch Dressing (contains milk)

Fresh Veggie Tray

Fresh Fruit Tray

Fruit Cups- Motts, Delmonte - must be in 100% juice

Fruit Snacks - Welch's brand only

Hummus

Sabra- Basil Pesto, Classic, Roasted Garlic (contain ground Sesame seeds)

Athenos- Original, Greek Style, Roasted Garlic (contain ground Sesame seeds)

Tribe- Zesty Spice and Garlic, Classic, Roasted Garlic (contain ground Sesame seeds)

Crackers

Keebler Club - Original and Multigrain (contains wheat and soy)

Keebler Graham - Original, Cinnamon, Honey Grahams (contains wheat and soy)

Keebler Townhouse- Original, Wheat (contains wheat and soy)

Cheez-it- original (contains milk, soy, and wheat)

Goldfish- original (contains wheat and milk)

Pudding

Kozy Shack - Chocolate, Vanilla

Swiss Miss Pudding - Chocolate, Vanilla

Frozen Juice or Fruit Pops

Dole- Fruit and Juice Bars

Edy's- Fruit Bars

Whole Fruit- Fruit Bars

Outshine Nestle bars - all flavors (Coconut bars contain milk and soy)

Yogurt Low fat

Yoplait- Kids- (contains milk- variety of fruits)

Stonyfield Yo Kids- (contains milk- variety of fruits)

Chobani Champion Tubes- (contains milk- variety of fruits)

Chobani Champion Cups- (contains milk- variety of fruits)

All Non-Fat or Low-fat Yogurts are usually acceptable BUT Please check with the school nurse before purchasing due to specific fruit allergens

Sweet Treats

Barnum Animal Crackers - (contains wheat and soy)

Oreos- Regular and Golden -must be regular only 14.03 oz package (contains wheat and soy)

Fig Newtons (contains milk, wheat, and soy)

Rice Krispie Treats (contain milk and soy)- original only

"Jello"- Gelatin cups

Chips Ahoy Regular (contain milk, soy, and wheat)

Keebler Vanilla wafers (contains wheat and soy)

All food must be checked by the school nurse. Please check with the school nurse about allergens before purchasing products if you have any questions or concerns. Thank you!!