

# Merrillville Approved Healthy Birthday/Snack List 2021/2022



## Individually Wrapped Snacks

- Baked Potato Chips or Baked Tortilla Chips
- Cereal:
  - Example:
    - Cheerios
    - Frosted Mini Wheats
    - Grape-Nuts Cereal
    - Raisin Bran
    - Wheaties Cereal
- Cheese
  - Example:
    - Reduced Fat Borden or Sargento Light Mozzarella string cheese
    - Frigo Light Cheese Heads
    - Kraft Twist-Ums
    - Laughing Cow
- Crackers
  - Example:
    - Pepperidge Farm Goldfish made with Whole Grain
    - Triscuit Crackers
- Fruit
  - Example:
    - Dried
    - Fresh
    - Canned
- Granola Bars:
  - Example:
    - Nature Valley Crunchy Granola Bar
    - Quaker Chewy Granola Bar
- Nature Valley Chewy Trail Mix Bar
- Popcorn
- Pretzels
- Pudding
- Ranch Dip to go with veggies
- Rice Cakes
- Vegetables
  - Example:
    - Fresh
    - Canned
    - With Salad Dressing

## Yogurt

- Example:
  - Stonyfield
  - Dannon
  - Horizon
  - Go-Gurt by Yoplait
  - Danimals Drinkable Low-Fat Yogurt



## Birthday Treats available through our Merrillville Community School Food Service Program:

- Cookie, individually packaged (.75 each)\*
- Cupcake, individually packaged (1.00 each)\*
- Brownie, individually packaged (.85 each)\*
- Ice cream, individual cups (1.00 each)
- Rice Krispie Treat, individually packaged (.75 each)\*
- Milk, cartons (.40 each)

To order treats, please complete the order form on the Merrillville Food Service Webpage. Orders must be placed one week in advance and they will be delivered to the classroom by Food Service Personnel. All treats must in paid in full through Skyward Family Access prior to delivery.

\*based on availability

Resource used to create this list:

<http://www.opi.mt.gov/pdf/SchoolFood/Resources/TN/healthyschoolsnacks.pdf>