## Lyncourt Snack List

## (Please use this list as a *guide* with purchasing food for snacks)

## Key: \*Kid tested, Lyncourt approved

Fresh Whole Fruit: *Pear **Clementine *Apple  100% fruit juice  - Juicy Juice - Honest Kids - Capri Sun  Canned fruits (no sugar added, syrup-free)  Applesauce  - Brands in water or own juice  - Brands with little to no added sugar  Dried Fruit (Raisins, Craisins)  **Vegetables  Fresh/ Seasonal Vegetables: **snap peas *peppers: yellow, orange, red *cucumbers  Baby Carrots  Celery Sticks  - Wagman's Super Organic (sugar=less than 24g per serving)  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  **Wegman's Super Organic - Chobani Champions Tubes - Yoplait Greek - Oikos Greek - Danimals Superstars Greek Low-fat - Activia Greek  *Wegman Brand, Tops  Popcorn - Pirates Booty - All natural, little to no salt, without butter - Pretzels - Rold Gold Heartzels (1 oz.)	Fruit	Brands
**Clementine **Apple  100% fruit juice	Fresh Whole Fruit:	
*Apple  100% fruit juice  • Juicy Juice • Honest Kids • Capri Sun  Canned fruits (no sugar added, syrup-free)  Applesauce  Dried Fruit (Raisins, Craisins)  **Vegetables  Fresh/ Seasonal Vegetables: *snap peas *peppers: yellow, orange, red *cucumbers  Baby Carrots  Celery Sticks  **Salsa  Celery Sticks  **Sund Hummus  Baby Carrots  Celery Sticks  **Any generic or name brand  *Yogurt-Plain or flavored (sugar=less than 24g per serving)  **Wegman's Super Organic (sugar=less than 24g per serving)  **Wegman's Super Super Organic • Oikos Greek	*Pear	
100% fruit juice  Punce Honest Kids Capri Sun  Canned fruits (no sugar added, syrup-free) Applesauce  Dried Fruit (Raisins, Craisins)  Fresh/ Seasonal Vegetables *snap peas *peppers: yellow, orange, red *cucumbers Baby Carrots Celery Sticks  Salsa Celery Sticks  Suring cheese  Any generic or name brand  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  *Wegetables  Packaged food  *Whole wheat mini pita pockets  Popcorn  Popcorn  Pirates Booty All natural, little to no salt, without butter		
Canned fruits (no sugar added, syrup-free) Applesauce Applesauce Dried Fruit (Raisins, Craisins)  Vegetables Fresh/ Seasonal Vegetables: *snap peas *peppers: yellow, orange, red *cucumbers Baby Carrots Celery Sticks  Thing cheese Any generic or name brand *Yogurt- Plain or flavored (sugar=less than 24g per serving)  Packaged food  *Whole wheat mini pita pockets  Popcorn  Popcorn  Popcorn  Popcorn  Pirates Booty  Pirates Booty Parkaged ivide (sugar added, syrup-free)  Brands in water or own juice  Brands in water or own juice  Brands in water or own juice  Packaged food  Brands  *Hummus  *Hummus  *Hummus  *Salsa  Ranch dressing  Packaged food  *Wegman's Super Organic  Chobani Champions Tubes  Yoplait Greek  Danimals Superstars Greek Low-fat  Activia Greek  *Wegmans Brand, Tops  Pirates Booty  All natural, little to no salt, without butter	*Apple	
Canned fruits (no sugar added, syrup-free) Applesauce Dried Fruit (Raisins, Craisins)  Vegetables Fresh/ Seasonal Vegetables: *snap peas *peppers: yellow, orange, red *cucumbers Baby Carrots Celery Sticks  Thing cheese Any generic or name brand  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  Packaged food  *Whole wheat mini pita pockets  Popcorn  Popcorn  Popcorn  Parkaged food  Pirates Booty  Aplesaus in water or own juice Brands in water or own juice  Brands in water or own juice  Brands with little to no added sugar  *Sides for Vegetables  *Hummus  *Hummus  *Hummus  *Salsa  Panch dressing  *Hummus  *Chobani Craprisor  *Chobani Champions Tubes  Yoplait Greek  Danimals Superstars Greek Low-fat  Activia Greek  Packaged food  *Wegmans Brand, Tops  Pirates Booty  All natural, little to no salt, without butter	100% fruit juice	Juicy Juice
Canned fruits (no sugar added, syrup-free)  Applesauce  Dried Fruit (Raisins, Craisins)  Vegetables  Fresh/ Seasonal Vegetables: *snap peas *peppers: yellow, orange, red *cucumbers  Baby Carrots  Celery Sticks  Tring cheese  Any generic or name brand  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  Packaged food  *Whole wheat mini pita pockets  Popcorn  Popcorn  Pirates Booty  Aplasands in water or own juice  Brands  Sides for Vegetables  *Hummus  **Hummus  **Hummus  **Salsa  Ranch dressing  **Packaged food  *Wegman's Super Organic  Chobani Champions Tubes  Yoplait Greek  Oikos Greek  Danimals Superstars Greek Low-fat  Activia Greek  *Wegmans Brand, Tops  Pirates Booty  All natural, little to no salt, without butter		Honest Kids
Applesauce Dried Fruit (Raisins, Craisins)  Vegetables Fresh/ Seasonal Vegetables: *snap peas *peppers: yellow, orange, red *cucumbers Baby Carrots Celery Sticks  String cheese  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  Packaged food  *Whole wheat mini pita pockets  Popcorn  Popcorn  Pirates Booty All natural, little to no added sugar  Brands Sides for Vegetables  *Sides for Vegetables  *Sides for Vegetables  *Hummus  **Hummus  **Hummus  *Salsa  *Ranch dressing  Packaged food  *Wegman's Super Organic  Chobani Champions Tubes  Yoplait Greek  Oikos Greek  Danimals Superstars Greek Low-fat  *Activia Greek  Activia Greek  Activia Greek  All natural, little to no salt, without butter		Capri Sun
Dried Fruit (Raisins, Craisins)  Vegetables  Fresh/ Seasonal Vegetables: *snap peas *peppers: yellow, orange, red *cucumbers  Baby Carrots  Celery Sticks  *String cheese  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  *Yoglat Greek  Daimy  *Yoglat Greek  Oikos Greek  Danimals Superstars Greek Low-fat  Activia Greek  Packaged food  *Wegman's Brands  *Whole wheat mini pita pockets  Popcorn  Pirates Booty  All natural, little to no salt, without butter	Canned fruits (no sugar added, syrup-free)	Brands in water or own juice
Fresh/ Seasonal Vegetables:  *snap peas *peppers: yellow, orange, red *cucumbers  Baby Carrots  Celery Sticks  *Salsa  Ranch dressing  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  *Yoplait Greek  Danimals Superstars Greek Low-fat  Activia Greek  *Wegman's Brands  *Wegman Brands  *Wegman Brands  *Wegman Brands  *Activia Greek  Packaged food  *Wegman Brand, Tops  Popcorn  Pirates Booty  All natural, little to no salt, without butter	Applesauce	Brands with little to no added sugar
Fresh/ Seasonal Vegetables: *snap peas *peppers: yellow, orange, red *cucumbers  Baby Carrots  Celery Sticks  **Ranch dressing  **Brands  String cheese  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  **Yoplait Greek  Oikos Greek  Danimals Superstars Greek Low-fat  Activia Greek  **Wegmans Brand, Tops  Popcorn  Pirates Booty All natural, little to no salt, without butter	Dried Fruit (Raisins, Craisins)	
*snap peas *peppers: yellow, orange, red *cucumbers  Baby Carrots  Celery Sticks  • *Hummus • Salsa • Ranch dressing  **Brands  String cheese  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  *Yoplait Greek • Oikos Greek • Danimals Superstars Greek Low-fat • Activia Greek  *Wegmans Brand, Tops  Popcorn  Pirates Booty • All natural, little to no salt, without butter	Vegetables	Sides for Vegetables
*peppers: yellow, orange, red *cucumbers  Baby Carrots  Celery Sticks  **Brands  String cheese  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  *Yoplait Greek  Danimals Superstars Greek Low-fat  *Chobani Champions Tubes  *Yoplait Greek  Danimals Superstars Greek Low-fat  Activia Greek  *Wegman's Brands  *Whole wheat mini pita pockets  *Wegman Brand, Tops  Popcorn  Pirates Booty  All natural, little to no salt, without butter	Fresh/ Seasonal Vegetables:	
*Cucumbers  Baby Carrots  Celery Sticks  *Ranch dressing  Brands  String cheese  Any generic or name brand  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  (sugar=less than 24g per serving)  *Yoplait Greek Oikos Greek Danimals Superstars Greek Low-fat Activia Greek  *Wegman's Packaged food  *Wegman Superstars Greek Low-fat Activia Greek  Packaged food  *Wegman Brand, Tops  Popcorn  Pirates Booty All natural, little to no salt, without butter		
Baby Carrots Celery Sticks  Brands String cheese Any generic or name brand  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  Chobani Champions Tubes Yoplait Greek Oikos Greek Danimals Superstars Greek Low-fat Activia Greek  Packaged food  *Wegman's Super Organic Chobani Champions Tubes Yoplait Greek Oikos Greek Danimals Superstars Greek Low-fat Activia Greek  Packaged food  *Wegmans Brand, Tops Popcorn Pirates Booty All natural, little to no salt, without butter		
Celery Sticks  Brands  String cheese Any generic or name brand  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  Chobani Champions Tubes Yoplait Greek Oikos Greek Danimals Superstars Greek Low-fat Activia Greek  Packaged food  *Wegman's Super Organic Chobani Champions Tubes Yoplait Greek Oikos Greek  Danimals Superstars Greek Low-fat Activia Greek  Packaged food  Pirates Booty All natural, little to no salt, without butter		*Hummus
String cheese Any generic or name brand  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  - Chobani Champions Tubes - Yoplait Greek - Oikos Greek - Danimals Superstars Greek Low-fat - Activia Greek  *Wegman's Super Organic - Chobani Champions Tubes - Yoplait Greek - Oikos Greek - Danimals Superstars Greek Low-fat - Activia Greek  *Wegmans Brand, Tops  Popcorn - Pirates Booty - All natural, little to no salt, without butter	•	• Salsa
String cheese  *Yogurt- Plain or flavored (sugar=less than 24g per serving)  Chobani Champions Tubes Yoplait Greek Oikos Greek Danimals Superstars Greek Low-fat Activia Greek  *Wegman 's Super Organic  Chobani Champions Tubes  Yoplait Greek Oikos Greek  Danimals Superstars Greek Low-fat  *Activia Greek  Packaged food  *Wegmans Brand, Tops  Popcorn Pirates Booty All natural, little to no salt, without butter	Celery Sticks	Ranch dressing
*Yogurt- Plain or flavored (sugar=less than 24g per serving)  • *Wegman's Super Organic • Chobani Champions Tubes • Yoplait Greek • Oikos Greek • Danimals Superstars Greek Low-fat • Activia Greek  *Whole wheat mini pita pockets  Popcorn • Pirates Booty • All natural, little to no salt, without butter	Dairy	Brands
(sugar=less than 24g per serving)  • Chobani Champions Tubes • Yoplait Greek • Oikos Greek • Danimals Superstars Greek Low-fat • Activia Greek  *Whole wheat mini pita pockets  Popcorn • Pirates Booty • All natural, little to no salt, without butter		Any generic or name brand
<ul> <li>Yoplait Greek</li> <li>Oikos Greek</li> <li>Danimals Superstars Greek Low-fat</li> <li>Activia Greek</li> <li>Packaged food</li> <li>*Whole wheat mini pita pockets</li> <li>*Wegmans Brand, Tops</li> <li>Popcorn</li> <li>Pirates Booty</li> <li>All natural, little to no salt, without butter</li> </ul>	*Yogurt- Plain or flavored	<ul> <li>*Wegman's Super Organic</li> </ul>
<ul> <li>Oikos Greek</li> <li>Danimals Superstars Greek Low-fat</li> <li>Activia Greek</li> <li>*Whole wheat mini pita pockets</li> <li>*Wegmans Brand, Tops</li> <li>Popcorn</li> <li>Pirates Booty</li> <li>All natural, little to no salt, without butter</li> </ul>	(sugar=less than 24g per serving)	<ul> <li>Chobani Champions Tubes</li> </ul>
<ul> <li>Danimals Superstars Greek Low-fat</li> <li>Activia Greek</li> <li>Packaged food</li> <li>*Whole wheat mini pita pockets</li> <li>*Wegmans Brand, Tops</li> <li>Popcorn</li> <li>Pirates Booty</li> <li>All natural, little to no salt, without butter</li> </ul>		Yoplait Greek
<ul> <li>Activia Greek</li> <li>Packaged food</li> <li>*Whole wheat mini pita pockets</li> <li>*Wegmans Brand, Tops</li> <li>Popcorn</li> <li>Pirates Booty</li> <li>All natural, little to no salt, without butter</li> </ul>		Oikos Greek
Packaged foodBrands*Whole wheat mini pita pockets• *Wegmans Brand, TopsPopcorn• Pirates Booty• All natural, little to no salt, without butter		<ul> <li>Danimals Superstars Greek Low-fat</li> </ul>
*Whole wheat mini pita pockets  • *Wegmans Brand, Tops  • Pirates Booty • All natural, little to no salt, without butter		Activia Greek
Popcorn      Pirates Booty     All natural, little to no salt, without butter	Packaged food	Brands
All natural, little to no salt, without butter	*Whole wheat mini pita pockets	*Wegmans Brand, Tops
	Popcorn	<ul> <li>Pirates Booty</li> </ul>
Pretzels • Rold Gold Heartzels (1 oz.)		All natural, little to no salt, without butter
	Pretzels	Rold Gold Heartzels (1 oz.)
Crackers • Pepperidge Farm Whole Grain Goldfish	Crackers	Pepperidge Farm Whole Grain Goldfish
Teddy Grahams Cinnamon Graham Snacks		Teddy Grahams Cinnamon Graham Snacks
(1oz.)		(1oz.)
<ul> <li>Honey Maid Lil' Squares Honey Grahams</li> </ul>		Honey Maid Lil' Squares Honey Grahams
Cookies • Quaker Breakfast Cookie Oatmeal Raisin	Cookies	Quaker Breakfast Cookie Oatmeal Raisin
• Otis Spunkmeyer (1.5 oz.)		• Otis Spunkmeyer (1.5 oz.)
Chips   • Baked Tostitos Scoops	Chips	Baked Tostitos Scoops
Baked! Lays		_
Cereal • General Mills Brand	Cereal	