

## Lyncourt Snack List

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

**Key: \*Kid tested, Lyncourt approved**

Fruit	Brands
Fresh Whole Fruit: *Pear *Clementine *Apple	
100% fruit juice	<ul style="list-style-type: none"> <li>• Juicy Juice</li> <li>• Honest Kids</li> <li>• Capri Sun</li> </ul>
Canned fruits (no sugar added, syrup-free)	<ul style="list-style-type: none"> <li>• Brands in water or own juice</li> </ul>
Applesauce	<ul style="list-style-type: none"> <li>• Brands with little to no added sugar</li> </ul>
Dried Fruit (Raisins, Craisins)	
Vegetables	Sides for Vegetables
Fresh/ Seasonal Vegetables: *snap peas *peppers: yellow, orange, red *cucumbers	<ul style="list-style-type: none"> <li>• *Hummus</li> <li>• Salsa</li> <li>• Ranch dressing</li> </ul>
Baby Carrots	
Celery Sticks	
Dairy	Brands
String cheese	Any generic or name brand
*Yogurt- Plain or flavored (sugar=less than 24g per serving)	<ul style="list-style-type: none"> <li>• *Wegman's Super Organic</li> <li>• Chobani Champions Tubes</li> <li>• Yoplait Greek</li> <li>• Oikos Greek</li> <li>• Danimals Superstars Greek Low-fat</li> <li>• Activia Greek</li> </ul>
Packaged food	Brands
*Whole wheat mini pita pockets	<ul style="list-style-type: none"> <li>• *Wegmans Brand, Tops</li> </ul>
Popcorn	<ul style="list-style-type: none"> <li>• Pirates Booty</li> <li>• All natural, little to no salt, without butter</li> </ul>
Pretzels	<ul style="list-style-type: none"> <li>• Rold Gold Heartzels (1 oz.)</li> </ul>
Crackers	<ul style="list-style-type: none"> <li>• Pepperidge Farm Whole Grain Goldfish</li> <li>• Teddy Grahams Cinnamon Graham Snacks (1oz.)</li> <li>• Honey Maid Lil' Squares Honey Grahams</li> </ul>
Cookies	<ul style="list-style-type: none"> <li>• Quaker Breakfast Cookie Oatmeal Raisin</li> <li>• Otis Spunkmeyer (1.5 oz.)</li> </ul>
Chips	<ul style="list-style-type: none"> <li>• Baked Tostitos Scoops</li> <li>• Baked! Lays</li> </ul>
Cereal	<ul style="list-style-type: none"> <li>• General Mills Brand</li> </ul>