

Smart Snack \$1.00

DAILY VARIETY:

Apple
Orange
Banana
Peach
Carrot
Celery
Yogurt

Cheese Stick
Pretzels
Cinnamon Gold Fish Graham Cracker
Zoo Animal Crackers
Teddy Graham Crackers
Cheddar Goldfish

Choice of Dipping Sauce:

Hummus
Ranch Dressing
Sun Butter

What is a Smart Snack:

A Smart Snack must meet the federal nutrition standards:

- Be a grain product that contains 50 percent or more whole grain by weight; or
- Have a first ingredient a fruit, a vegetable, a dairy product or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable; and
- The food must meet the the nutrient standards for calories, sodium, sugar and fats.

When there are Smart Snacks available, the healthy choice is the easy choice.