

BEDFORD ELEMENTARY SNACK LIST

Baltimore County Public Schools has adopted a Wellness Policy, BCPS Superintendent's Rule 5470, which has updated guidelines for snacks in schools. The food and beverages need to meet or exceed federal and state nutrition standards. For example, a serving must be 200 calories or less, have less than 200 mg sodium, calories from fat need to be less than 35%, first ingredient must be whole wheat or grain, fruit, dairy, or protein, and cannot start with sugar or white flour.

Some snack suggestions that are nut free include:

Fruit and Vegetables:

Grapes
Apple slices (Pre-cut and packaged)
Carrots (Pre-cut and packaged)
Celery (Pre-cut and packaged)
Snap peas (Pre-cut and packaged)
Prepackaged individual applesauce
Oranges and clementine
Boxed raisins
Fruit cups in juice

Sweet Snacks:

Keebler Vienna Fingers
Nabisco Teddy Grahams
Animal Crackers (Austin, Nabisco, Barnum)
Betty Crocker Fruit Snacks
Fig Newtons
Chips Ahoy

Dairy:

Cheese sticks
Pudding cups

- ❖ It is important to note that if foods are brand specific, no substitutions are permitted.

Salty Snacks:

Cheese nips (sodium slightly over)
Utz regular chips, honey wheat pretzels, cheese curls
Cheetos reduced fat puffs
Ruffles regular and reduced fat chips
Pringles regular chips
Wise regular potato chips, light salted, ridges sour cream and onion, Ruffles chips cheddar and sour cream, sour cream and onion chips, Fritos original, classic ranch, honey BBQ twists
Herrs regular potato chips
Skinny pop popcorn plain
Doritos nacho cheese (slightly over in sodium)
Doritos cool ranch
Lays regular, honey BBQ, BBQ, sour cream and onion, cheddar and sour cream, kettle cooked, wavy cheddar, wavy BBQ, wavy ranch.
Baked Lays regular, sour cream and onion, BBQ
Baked Ruffles
Baked Tostitos
All Sun Chips
Tostitos regular chips
Wheat thins
Smart food delight popcorn
Ritz crackers
Goldfish crackers and pretzels (slightly over in sodium)