

Suggested Snacks from the "John Stalker A-List"

The Seven Hill's Wellness policy recommends that parents/guardians are encouraged to utilize the A-List of recommended snack foods & beverages when selecting refreshments for daily snacks, celebrations, fundraising and school events. For the complete list please refer to the school website or contact food service at 508-799-7500 ex 1114

100% Fruit Juice

Apple & Eve Juice boxes, Minute Maid 100% Juice boxes, Capri Sun 100% Fruit waves, Very Fine 100% Juice, Libby's Juice boxes, Welch's 100%

Water

Regular water or flavored water without added sugar, artificial sweeteners or caffeine.

Chips & Pretzels

Baked Lay's, Baked Ruffles, Rold Gold Pretzels, Smart Food reduced Fat Popcorn, Sun Chips, Ritz Chips, Quakes Rice Snacks, Reduced Fat Pringles, Pirates Booty

Crackers, Cookies & More

Goldfish Crackers (Cheddar & Parmesan), Goldfish Pretzels, Animal Crackers, Nature Valley Granola Bars, Nutrigrain Bars, 100 Calorie Snack Packs, Graham Crackers, Teddy Grahams, Fig Newtons, Chewy Granola Bars

Fruit & Vegetables

Fresh Fruit, Fruit Cups, Dried Fruit, Baby Carrots and low fat Dip, Celery Sticks- The Possibilities are endless

Dairy Products

Danimals Yogurt, Dannon Classic Low-fat yogurt, Dannon Fruit on the Bottom Low Fat Yogurt, Garelick or Hood 1% Milk all flavors, String Cheese, Columbo Classic and Light yogurt, Trix Yogurts, Gogurts, Stoneyfield Farm low-fat yogurt and smoothies.



Eat Smart. Play Hard.™