

Merrillville Approved Healthy Birthday/Snack List



Individually Wrapped Snacks

- Baked Potato Chips or Baked Tortilla Chips
- Cereal:
 - Example:
 - Cheerios
 - Frosted Mini Wheats
 - Grape-Nuts Cereal
 - Raisin Bran
 - Wheaties Cereal
- Cheese
 - Example:
 - Reduced Fat Borden or Sargento Light Mozzarella string cheese
 - Frigo Light Cheese Heads
 - Kraft Twist-Ums
 - Laughing Cow
- Crackers
 - Example:
 - Pepperidge Farm Goldfish made with Whole Grain
 - Triscuit Crackers
- Fruit
 - Example:
 - Dried
 - Fresh
 - Canned
- Granola Bars:
 - Example:
 - Nature Valley Crunchy Granola Bar
 - Quaker Chewy Granola Bar
- Nature Valley Chewy Trail Mix Bar
- Popcorn
- Pretzels
- Pudding
- Ranch Dip to go with veggies
- Rice Cakes
- Vegetables
 - Example:
 - Fresh
 - Canned
 - With Salad Dressing

Yogurt

- Example:
 - Stonyfield
 - Dannon
 - Horizon
 - Go-Gurt by Yoplait
 - Danimals Drinkable Low-Fat Yogurt



Birthday Treats available through our Merrillville Community School Food Service Program:

- Cookie, individually packaged (.50 each)
- Cupcake, individually packaged (.75 each)
- Brownie, individually packaged (.85 each)

Treats available by contacting Sherrie in our food service department at 650-5300, ext.6008. Orders must be placed one week in advance and they will be delivered to the school.

Resource used to create this list:

<http://www.opi.mt.gov/pdf/SchoolFood/Resources/TN/healthyschoolsnacks.pdf>