

IMPORTANT NEWS

New Raymore-Peculiar K-6 Snack Guidelines

In an effort to meet Federal Government Regulations concerning student wellness, the Raymore-Peculiar School District has made changes to the guidelines that govern snacks at school.

- Snacks sent to school for the purpose of sharing with other students **must** come from the approved snack list below and be packaged, not homemade. One example of this would be children wanting to bring treats to school on their birthday to share with their class.
- It is **recommended** that all snacks sent to school exclusively for your child come from the approved snack list.
- Snacks offered in the cafeteria will come from the approved snack list and only be offered on Tuesdays and Thursdays.
- Each school may set a maximum of five events per classroom, per school year that are not required to follow the approved list. One example of this would be a holiday party.

We appreciate your support in our endeavor to promote healthy eating habits for all of our children. Please feel free to contact us if you have any questions or would like to see an item added to the list.

Thank You,

SNACK LIST

Animal Crackers
Pretzels
Breakfast/Cereal Bars
Pudding
Water
100 Cal Packs
Teddy Grahams
Crackers
Applesauce/Fruit Cups
Milk
100% Fruit Juice/Popsicles
Fruit Snacks containing real fruit juice

Graham Crackers
Cheese
Vegetables/Dip
Flavored Rice Cakes
Peanut Butter
Granola Bars
Rice Krispy Treats
Trail Mix
Raisins/Dried Fruit
Kudos Bars

Portable Yogurt (ex. Go-gurt)
Snack Size Cereal Boxes
Popcorn
Jell-O
Yogos
Party Mix (ex. Chex-Mix)
Fresh Fruit
Baked Chips
Nuts
Clodhoppers