



## FOOD FOR THOUGHT PROGRAM

### Approved Food List

**Milk:** Shelf-stable individual cartons, white or chocolate

**Juice:** individual servings, 100% juice, Capri Sun pouches/boxes

**Cereal:** Individual boxes, single serving size

**Pop Tarts and Cereal Bars**

**Granola Bars**

#### **Prepared Meals:**

- Chef Boyardee- single serving meals
- Tuna salad and chicken salad snack kits (often found at Dollar Stores)
- Small cans of fruit with zip top lids (fruit must be in cans not plastic cups because the plastic cups break open and leak in the children's backpacks)
- Applesauce
- Pudding cups

#### **Snacks:**

- Packs of crackers with cheese, jelly or peanut butter
- Snack size bags of pretzels, goldfish, potato chips, snack mix, Doritos, cheese balls etc.
- Cookies