

Hemet Unified School District  
Recommended Snacks and Beverages  
for Classroom Parties & Student Rewards

All items used must be commercially prepared, individually packaged, and not require heating or refrigeration.

The following items were found at Stater Brothers. You may find additional items that meet the requirements at all retail outlets.

**Snacks:** Less than 175 calories for elementary, or 250 calories for secondary, less than 35% of calories from fat; less than 10% calories from saturated fat, and less than 35% of weight from sugar.

Nabisco Variety Pack – includes individual packages of Mini Vanilla Wafers, Animal Crackers, and Teddy Grahams: 12/pkg.

Keebler Scooby-Doo baked animal cracker sticks, 1 oz. pkg.: 12/pkg.

Nabisco “100” calorie packs: 6 pkgs./box  
Peanut Butter Cookie Crisps, .85 oz pkg.  
Chips Ahoy Thin Crisps, .81 oz. pkg.  
Kraft Cheese Nips, .74 oz. pkg.  
Ritz Snack Mix, .77 oz. pkg.

Frito Lay “100” calorie Harvest Cheddar Sun Chip, .68 oz pkg.: 5/box

Frito Lay “100” calorie Baked Cheetos, .75 oz. pkg.: 5/box

Quaker Apple Crisp Breakfast Bars, 1.3 ounce bar: 8/box

Post Honey Bunches of Oats – Peanut Butter Cereal Bars, 1.23 ounces: 6/box

Sunbelt Chewy Granola Oats & Honey Bars, 1 ounce each: 8/box

Stater Brothers Fat Free Chocolate Pudding, 3.5 ounce cup: 4/pack

Hunt’s Sugar Free Gel Snacks, 3.5 ounce cup: 4/pack

Motts Country Berry Applesauce Cup, No Sugar Added, 1 cup portion: 6/pkg.

Dole Diced Peach Cup in Light Syrup, 1 cup portion: 4/pkg.

Peanuts, individually packaged

Nuts are exempt from the nutritional restrictions but use caution because of allergies.

**Beverages:** Use 100% fruit juice with no added sweeteners