



Oskaloosa Elementary School

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Mrs. Jolene Liebl
Grades KP-2 Principal

Mr. Mike Dursky
Building Principal

Mr. Tim Veiseth
Grades 3-5 Principal

Healthy Snack Options to Send to School

- *Teddy Grahams
- *Rice Krispie Treats (.8oz)
- *pretzels
- *Animal Crackers
- *graham crackers
- *Mott's Fruit Snacks
- *pudding cups
- *popcorn
- *mini rice cakes
- *baked chips
- *Dried fruits (raisins)
- *100% fruit juice (8oz)
- *Goldfish crackers
- *Sunflower Seeds (already shelled)
- *Fruit cups (no sugar added or packed in juice)
- *Applesauce cups/ GoGo Squeeze (natural/unsweetened)
- *1-2 oz. whole wheat bagels
- *Triscuits or whole grain crackers
- *Quaker Chewy Granola Bars (or store brands that are not chocolate covered)
- *Nature Valley Chewy, Crunchy, Fruit 'N Nut (not if nut allergies are present) granola bars
- *Whole grain cereals with lower sugar and at least 2 g fiber per serving (ex. Corn Chex, Kix, Cheerios (or store brand), Golden Grahams, Frosted Mini Wheats, Oatmeal Squares)

Cold Pack Required Snacks

- *hard boiled egg
- *Go-Gurt or Chobani Greek yogurt tubes
- *Cheese sticks (low-fat varieties)
- *Fresh or unsweetened frozen fruits
- *Low fat and non-fat yogurt (with less than 200 calories per serving)
- *Fresh sliced vegetables - ex. baby carrots, celery sticks, broccoli, sliced peppers, grape tomatoes (may be dipped in low fat dip or hummus)

Monthly Celebration Days

October 30 th	November 25 th	December 18 th	January 29 th
February 26 th	March 25 th	April 29 th	May 27 th

"EMPOWER ALL STUDENTS TO EMBRACE THE POWER OF LEARNING"
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