

Wee Disciples Preschool Safe Snack List

Grains

Rold Gold Pretzels (classic variety—no flavored pretzels)
Premium Saltine Crackers
Ritz Crackers (*NOT Ritz bits or sandwiches*)
Town House Original Crackers
Keebler Club Crackers, original or multigrain
Keebler Club Crackers Snack Sticks
Nabisco Chicken in a Biskit Crackers
Honey Maid Graham Crackers: regular, honey, cinnamon
Keebler Honey Maid Grahams/Graham Sticks: original, honey, cinnamon
Keebler Scooby Graham Cracker Sticks: regular, honey, cinnamon
Nabisco Baked Whole Grain Wheat Triscuits
Wheat Thin Crackers
Quaker Rice Cakes- Apple Cinnamon
Teddy Grahams, Honey, Cinnamon, Chocolate

Cereal

Cheerios: original, multigrain, fruit
Fruit Loops
Quaker Life and Cinnamon Life
General Mills: Kix and Honey Kix
Kellogg's Frosted Mini Wheat: original, strawberry, blueberry, cinnamon strudel, maple/brown sugar

Fruit

All fresh fruit
Apple Sauce and Peach Cups
Raisins and dried fruit

Vegetables

All vegetables

Party / Special Occasions

Skittles, Starburst, Twizzlers Licorice, Smarties, Sweet Tarts-regular and chewy
Dum Dum Suckers
Betty Crocker Fruit Roll Ups or Fruit Gushers
All Kellogg's Fruit Snacks
Welch's Fruit Snacks- Mixed Fruit
Jell-O Gelatin
Oreo Cookies
Lorna Doone Short Bread Cookies

100% Real Fruit Juice or Water