



**Glenview School District 34**  
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## **SNACK GUIDELINE MINIMUM REQUIREMENTS - YOUR INDIVIDUAL CLASSROOM/SCHOOL MAY HAVE MORE STRICT REQUIREMENTS**

One of the many things that can help a child learn is good nutrition. At times during the school day, students may have snacks within our classrooms. We encourage these snacks to be healthy choices that will assist the student with thinking clearly. Glenview School District uses the following guidelines for classroom snacks:

Preferred Snack Choices (foods with long lasting energy) include: fruits, vegetables, dairy (yogurt, milk, & cheese), whole grains, and water\*

Acceptable Snack Choices include: baked crackers, cheese snack crackers, juice boxes with 100% juice, pretzels\*

Unacceptable Snack Choices: Cookies, fried chips, fruit roll-ups, fruit snacks, donuts, candy, marshmallows, rice krispie treats, and soda pop\*

\*Please note that each of these lists are not all inclusive.

We also want to remind parents that in our schools students are not to bring any items to share with multiple people in the lunchroom. This includes birthday cakes, cupcakes, pizzas and other such food items.

Due to information regarding the impact on children's health, we recommend that students do not consume the following at school: energy drinks, coffee, soda pop, and other caffeinated beverages.

When choosing a snack for your child, please consider an appropriate portion size so that it may be eaten in a reasonable amount of time and will take very little time clean up.

Thank you so much for your support!

### **Board of Education**

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