

CUSD Student Wellness Policy

Per California Ed. Code 49431, effective July 1, 2007 schools may not provide or sell non-nutritious snacks or drinks to students at any time during the school day. When planning a reward/celebration for a student (including birthdays), please bring only pre-packaged snacks from the list on the back of this notice. Please contact your student's teacher in regards to specific seasonal parties.

CUSD Policia Del Salud/Nutrición del Alumno

Por Educación. Código 49431 1 efectivo el 1 de Julio, 2007 escuelas no pueden dar o vender comida o bebidas non-nutritious a estudiantes en en cualquier momento durante el día.

Esto incluye bocados pre-embalados traídos por padres es decir los cumpleaños, y otras celebraciones. Revise por favor la lista de bocados aceptables atras y contacta el maestro de su estudiante sobre fiestas del salon.

Nutritious Snacks

Apple, Fresh	Giant Goldfish Grahams	Pepperidge Farms, Giant Goldfish Grahams
Apple/Cin. Graham, Kellogg's	Hot Chocolate, Sugar Free	Pepperidge Farms, Pretzel Goldfish
Applesauce Rocketz	Ice Cream, Low or Fat Free	Pita Puffs, Baked, Cinnamon
Baked Doritos	Jello, Sugar Free	Pita Puffs, Baked, Habanero
Baked Lays	Journey Bar, Chocolate	Pita Puffs, Baked, Ranch
Baked Ruffles	Juice , Light, 50%	Popcorn
Baked Tostitos	Juice Bar, Grape	Popsicles
Banana, Small	Juice Bar, Lemon	Pretzel Goldfish
Beef Jerky	Juice Bar, Orange	Pudding, Chocolate
Carroteenies	Juice, Vegetable 50%	Quaker Chewy Chocolate Chip
Cereal, Berri Berri Kix	Keabler Elfn Magic Bar, Apple Cinnamon	Quaker Chewy Oatmeal Raisin
Cereal, Cinnamon Toast Crunch	Keabler Ernie's Animal Crackers	Quaker Oatmeal Bars to Go
Cereal, Golden Grahams	Keabler Honey Grahams	Quaker Rice Snacks
Cereal, Honey Nut Cheerios	Keabler Jungle Crackers	RF Chocolate Chip Cookie
Cereal, Rice Crunchins	Keabler Scooby Snacks	Ritz Chips
Chex Snack Mix- All Flavors	Kettle Corn Crunchies	Rold Gold Pretzels, Butter Checkers
Cinnamon Applesauce, Mott's	Light Nacho Cheese	Rold Gold Pretzels, Cheddar Tiny Twists
Corn Nuts	Marshmallow Crispy Squares	Rold Gold Pretzels, Honey Mustard
Dolphins & Friends	Milk and Cereal Bars	Rold Gold Pretzels, Honey Wheat Mustard
Elf Grahams	Mixed Fruit Cup	Shape-Up, Cherry
Elfn Magic Bar, Apple	MJM Vanilla Bear Grahams	Shape-Up, Green Apple
Flat Fruit	Mrs. GoodCookie Jungle Crackers	Smoothies, 50% unsweetened
Fruit Roll-ups, Betty Crocker, Strawberry	Munchies Kid's Mix	Snickerdoodle
Fruit Roll-ups, Betty Crocker, Tropical Tie Dye	Nature Valley Chewy Granola Bars	String Cheese, low fat
Fruit Shapes, Betty Crocker, Bugs	Nature Valley Cinnamon	Tic Tacs
Fruit Shapes, Betty Crocker, Elmo	Nature Valley Crunchy Granola Bar	Tigers Milk
Fruit Shapes, Betty Crocker, Pooh	Nature Valley Maple Brown Sugar	Tiny Twist Pretzels
Fruit Shapes, Betty Crocker, Scooby	Nature Valley Oat n Honey	Trail Mix
Fruit Shapes, Betty Crocker, Sunkist	Nuts	Vanilla Cookies
Fruit, Dried	Orange, Fresh	Vitamin Water
Gardetto's	Peach Cup	Yogurt, low fat, Strawberry
Gatorade	Pears	