

Little School of the West
Nutrition: What's Allowed?

DESCRIPTION	YES	NO
100 % Fruit Juice (must read)	Yes	
Animal Crackers (Unit of Study - Okay)		No
Capri - 100 % Fruit Juice	Yes	
Capri - All Natural Juice		No
Caramel Dip (for Apples)		No
Cereal w/ no sugar added	Yes	
Chocolate flavored cereal		No
Chocolate Milk		No
Chocolate Yogurt		No
Cinnamon Chips or Cinnamon Roll		No
Cookies (Any kind)		No
Doughnuts (Any kind)		No
Fig Newtons or Any Flavor Newtons	Yes	
Fruit Juice concentrate diluted with water	Yes	
Fruit Roll-Up (90% + Fruit)	Yes	
Graham Crackers - Cinnamon		No
Graham Crackers - Graham only	Yes	
Granola Bar (no chocolate added)	Yes	
Granola Bar w/Chocolate or Chocolate- Chip		No
Honest Kids Beverage		No
Jello (any kind)		No
Muffin (Non-frosted)	Yes	
Muffin w/Chocolate or Chocolate-Chip		No
Nutella		No
Pop Tarts (Frosted or Unfrosted)		No
Pudding (any kind)		No
Sugar Cereal		No
Teddy Grahams/Scooby Snacks (Any kind)		No
Trail Mix with Chocolate		No
Vanilla Wafers		No
Yogurt Covered Raisins	Yes	
Yogurt Melts	Yes	