

**WESTLAKE CITY SCHOOLS
2009-2010 APPROVED SNACK LIST**

Dear Parents or Guardian,

Listed below is a list of approved low fat snacks that will be offered during the new school year. Per the new Wellness Policy the Board of Education adopted in May 2006, the cafeterias will be offering nutritional food as well as low-fat snacks.

Feel free to have your children try the new varieties of low-fat snacks that are offered.

| FRITOLAY - BAKED CHIPS | FRITOLAY - SUN CHIPS |
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| Cheetos - Crunchy Cheese Flavored | French Onion Flavored Multigrain |
| Doritos – Nacho Cheese Flavored Tortilla | Garden Salsa Flavored Multigrain |
| Lays – Cheddar & Sour Cream Flavored | Original Flavor Multigrain |
| Lays – Original | Harvest Cheddar Flavored Multigrain |
| Lays – Sour Cream & Onion Artificially Flavored | |
| Baked Ruffles – Original | Nabisco 100 CALORIE SNACKS |
| Rold Gold Pretzels – Cheddar Cheese Tiny Twist | 100 Calorie Pack Nabisco World |
| Baked Tostitos – Bite Size Tortilla | Baked Cheetos Crunchy Mini Bites Cheese Flavored |
| Popcorn-Smartfood White Cheddar Cheese Flavored | Harvest Cheddar Sun Chip Mini Bites Multigrain |
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| FRITOLAY - LIGHT CHIPS | LANCE BAKED CHIPS |
| Doritos – Nacho Cheese Flavored Tortilla | Nacho Tortilla |
| KC Masterpiece – BBQ Flavored (fat free) | Original Classic |
| Lays – Original (fat free) | Original Barbeque |
| Ruffles – Cheddar & Sour Cream Flavored (fat free) | |
| Tostitos – Restaurant Style | MISC BAKED CHIPS |
| | Pringles Original (fat free) |
| | Pringles – Sour Cream & Onion (fat free) |