



Birthday Snacks

Many have asked what is appropriate to bring for your child's birthday treat. All foods must be pre-packaged and store bought. A brief list of items that meet the nutritional guidelines of the Temecula Valley Unified School District follows:

- 94% Fat Free Popcorn
- Angel Food Cake
- Beef Jerky
- Cheez It Right Bites 100 Calorie Pack
- Chips Ahoy 100 Calorie Pack
- Chips Deluxe Right Bites 100 Calorie Pack
- Fresh Fruit
- Fruity Cheerios
- Handi-Snack Chocolate Pudding
- Hostess Carrot Cakes 100 Calorie Pack
- Hostess Cinnamon Coffee Cakes 100 Calorie Pack
- Hostess Lemon Cupcakes 100 Calorie Pack
- Hostess Strawberry Cupcakes 100 Calorie Pack
- Hostess Twinkie Bites 100 Calorie Pack
- Light Whipped Cream
- Orville Redenbacher's Sour Cream & Onion Popcorn Mini Cakes
- Peanut Butter Chocolate Chunk Quaker Chewy Granola Bars
- Pepperidge Farms Goldfish Crackers
- Pretzels
- Scribblers Popsicles
- Skinny Cow Fudge Bars
- Skinny Cow Ice Cream Sandwiches
- Smart Start Bars
- Special K Bars – Vanilla
- String Cheese
- Sugar Free Red Vines
- Teddy Grahams
- This Fig Walks Into a Bar Cereal Bars (Trader Joe's)
- Wheat Thin Toasted Crisps

You may also use the [Snack Food Calculator](#) to determine appropriateness of food not listed above. The calculator is available on the District website at <http://www.tvusd.k12.ca.us>.
Click on Student Services tab, then Child Nutrition, then Student Wellness.