





**WAKE COUNTY
PUBLIC SCHOOL SYSTEM**

Wellness Policy Resources

**Section 5125.4 B
On Campus Events**

Dairy/Protein Items (≤ 200 calories/servings)	Beverages	Grain-based Items (≤ 200 calories/servings)
<ul style="list-style-type: none">String cheeseCottage cheeseLowfat yogurtPudding cupsBeef jerky sticksNutsTrail mix 	<ul style="list-style-type: none">WaterLowfat milk (flavored and unflavored ≤ 360 calories)Nonfat milk (flavored and unflavored ≤ 360 calories)100% fruit juice (8-12 oz.)100% vegetable juiceSports drink (≤ 100 calories)	<ul style="list-style-type: none">Baked chipsAnimal crackersHard PretzelsDry cerealLowfat cookiesLowfat sports barsMini-bagelbread sticksLowfat muffinVanilla wafersGoldfish crackersLowfat/low sugar breakfast and granola bars
Fruits/Vegetables (≤ 200 calories/servings)	Frozen Items (≤ 200 calories/servings)	Hot Items (≤ 200 calories/servings)
<ul style="list-style-type: none">Fresh fruit or vegetables with lowfat dipsDried fruit chipsFresh or canned fruit cups	<ul style="list-style-type: none">Frozen lowfat yogurt100% juice bars 	<ul style="list-style-type: none">Soft pretzelBaked potato with toppingsLowfat popcornSoups and sandwichesHot apple ciderHot chocolate

Developed in partnership between the NC Division of Public Health, NC Department of Public Instruction, NC Cooperative Extension and NC Action for Healthy Kids.