


HEALTHY SNACKS, HEALTHY KIDS

All children need healthy snacks to keep their energy level high and their brains alert. We encourage our students to eat more healthy foods and to be more active. We suggest these healthy snack options and ask you to please avoid high fat or sugary snacks.

| Fruits | Vegetables | Low-Fat Dairy |
|---|--|---|
| Apples Bananas Blueberries Cantaloupe Cherries Clementines/Halos/Cutie Grapes Kiwi Oranges Peaches Pears Plums Pineapple Raspberries Strawberries Watermelon Applesauce cups Other Fruit | Broccoli Baby Carrots Cauliflower Celery Cucumber Peppers Snap Peas String Beans Grape or Cherry Tomatoes Low-fat or Fat-Free Dips (bean, hummus, guacamole) Low-fat or Fat-Free Dressings Salsa | Yogurt Cheese (sticks, blocks, sliced) Pudding Cottage Cheese Cheese Spread |

| Grains | Dried Fruits/Nuts | <i>*Birthday Treats</i> |
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| Whole wheat/grain – crackers, English muffins, pita, tortillas Breakfast cereal Breadsticks Granola/cereal bars Corn chips Popcorn Pretzels Rice cakes Graham crackers Soda crackers | Apples Apricots Cranberries Mangos Raisins Almonds Cashews Pecans Walnuts Sunflower seeds Trail Mix Peanut butter | <p>*If you wish to provide birthday treats this year, please provide only pre-packaged goods - <i>no homemade treats or home baked goods.</i></p> <div style="text-align: center;">  </div> |