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## Healthy Snack List

This is a partial list of suggested healthy snacks for school lunches and classroom snacks.

NOTE: ALL birthday celebration treats must be a healthy snack; others (e.g. cupcakes) will not be shared with students.

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Fruit/Vegetables . . . Orange wedges, sliced apples (cinnamon will prevent browning), grapes, cherries, dried fruit, no sugar applesauce/fruit cup, carrots-celery-broccoli w/low fat dip or cream cheese.

Dairy products . . . cheese slices, cheese sticks, yogurt, cottage cheese, low fat milk

Crackers/Grains . . . baked crackers, baked cheez-its, whole grain goldfish, pretzels

Cereal/Bars . . . low sugar breakfast bars, Nature Valley granola bars, cereals with less than 9 grams of sugar (e.g. Cheerios, Life, Kix, Honey Bunches of Oats, Quaker Oat Square)

Drinks . . . WATER

Helpful Websites that include recipes

[www.dole5aday.com](http://www.dole5aday.com)

[www.kidshealth.org](http://www.kidshealth.org)

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[www.betterfoodchoices.com](http://www.betterfoodchoices.com)

[www.kraftfoods.com](http://www.kraftfoods.com)

[www.nabiscoworld.com](http://www.nabiscoworld.com)

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