Healthy Students Learn Better

Families - Please consider sending a healthy snack from the list below. Thank you!

Healthy Snack Ideas

- Clementines
- Watermelon Sticks
- Basket and Bushel veggies: Carrots, Snow Peas, Broccoli, Cauliflower,
- Jello Cups
- Prepackaged natural applesauce
- Fat-free or low-fat yogurt (Go-gurt)
- Prepackaged fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Dried fruit with no added sugar
- Whole grain crackers
- Whole grain cereals
- Low-fat cheese sticks
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt) e.g Skinny Popcorn (small portion individual bags)
- Graham crackers
- Small whole grain bagels or English muffins
- Fat-free or low-fat pudding
- Whole grain cereal bars
- Baked chips (small portion individual bags)
- Raisins
- Veggie straws (individual bags)
- Cheez-It's
- Cinnamon Graham Crackers
- Cheddar Goldfish
- Ritz-Bitz Crackers
- Chocolate Chip Gripz
- Mini Vanilla Wafers
- French Toast Goldfish
- Cheese & Cracker Stackers
- Harvest Cheddar Snack Mix

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