



Healthy Food and Beverage Options

Snack time can be a great time to support the healthy eating habits taught to students at school. Small changes like this can help your child develop life-long healthy habits. Below are some snack ideas:

- Raw vegetables sticks
- Fresh fruit
- Cereal and low-fat milk
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce
- Peanut butter with apple wedges or celery sticks
- Trail mix (dried fruits and nuts)
- Pretzels
- Granola bars
- Graham crackers
- Crackers
- Popcorn
- Yogurt
- 100% fruit or vegetable juice
- Water

