

## Highland Schools

### Suggested Healthy Snacks List

At Highland Schools, we believe healthy snacks are an important part of a student's day. When choosing a snack for your child to bring to school, we encourage you to consider one of the foods listed here.

#### **Fruit**

Apples  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Grapes  
Honeydew melon  
Kiwi  
Mandarin oranges  
Nectarines  
Oranges  
Peaches  
Pears  
Pineapple  
Plums  
Raspberries  
Strawberries  
Tangerines  
Watermelon  
Unsweetened applesauce  
Fruit cups  
Dried fruit (raisins, apricots, apples, cranberries, pineapple)  
Frozen fruit (blueberries, strawberries, peaches, mangoes, melon)

#### **Vegetables**

Broccoli  
Carrots  
Cauliflower  
Celery sticks  
Cucumber slices  
Peppers  
Snap peas  
Snow peas  
Tomato slices  
Grape or cherry tomatoes  
Yellow summer squash slices

**Dip** - can be used with vegetables or grains

Low fat salad dressing  
Bean dip  
Guacamole

Hummus  
Salsa

**Grains**

English muffins  
Pita bread - can stuff with veggies or dip them in hummus or bean dip  
Tortillas  
Dry breakfast cereal  
Whole grain crackers  
Rice cakes  
Popcorn  
Baked tortilla chips  
Granola or cereal bars (low sugar)

**Dairy**

Yogurt  
String cheese  
Low-fat pudding