



SNACK ATTACK!

10 IDEAS TO BRING HEALTHIER SNACKS BACK

From the SA Wellness Council & Food Service Dept.

1. Whole Grain Pre-portioned 100 calorie cracker packs!

EX: Goldfish, Scooby Snacks, WG Cheese-its

2. Baked Potato/Tortilla Chips

EX: Reduced Fat/Baked Chips, WG tortilla chips/scoops

3. Single Serving Sugar Free Pudding Cups

EX: Kraft Grab 'N Go Snack Pudding

4. Low fat yogurt cups/squeeze tubes

EX: 4 oz. Trix or Dannon Yogurt, Go-gurt Tubes

5. Fresh Fruit/Veggies with dip

EX: Bananas, Grapes, Apples, Clementine's, Fruit cups, Celery with Peanut butter, Carrots with Hummus

6. WG Cookies/Bars

EX: Chewy Granola Bars, Nutrigrain Bars, WG Rice Krispy Treat Bar

7. String Cheese

EX: Land O'Lakes Mozzarella String Cheese

8. WG Cereals

EX: 1 oz. bowls (Frosted Mini Wheats, Cheerios, Chex)

9. Popcorn/Kettle corn

EX: 1 oz. Popcorn Indiana Kettle corn bags

10. Dried Fruits

EX: 100 calorie raisin boxes



Interested in ordering any of these items for your student's daily snacks at school?

SA Kitchen staff & SA wellness Council can help!

Fill out the information below and return with payment to your student's teacher a minimum of 1 week before your scheduled snack date!

Teachers will come pick up snack items the morning of in the cafeteria saving you time & hassle of running to the store while you also can rest assured the students are getting a healthier option!

Student Name:

Teacher Name:

Date Requesting Snack Delivery:

Snack pricing per item: Please circle items you wish to order.

- Goldfish Crackers- \$0.65
- Scooby Snacks-\$1.00
- WG Cheese-its- \$0.65
- Baked Chips- \$0.85
- Pudding cup- \$0.85
- Trix/Dannon Yogurt Cup- \$0.65
- GoGurt-\$0.65
- Fruit/Applesauce cups- \$0.85
- Chewy Granola Bars= \$0.85
- Nutrigrain Bars-\$0.75
- WG Rice Krispy-\$0.85
- String Cheese-\$0.85
- 1 oz. Cereal Bowl- \$0.75
- Popcorn/Kettle corn-\$0.85
- Dried Fruit- \$0.50

Item Requested:

Number of Item requested:

Payment Amount:

Payment Date Received: