Nixa Public Schools

Healthy Snack Suggestions



Fruits & Vegetables

Apple, Banana, Orange, Grapes, Del Monte Canned Fruit Dole Fruit Cup, Dried (not candied) Sunmaid Raisins, Sunkist Fruit Snacks

> Carrots, Celery, Zucchini, Cucumbers, Peppers

Guidelines

Calories: < 200 Fats: < 35% Sugars: < 35%

*Must contain at least 10% potassium, dairy fiber, Vitamin D or Calcium

Reading nutrition labels is a great skill to teach your child. Typically, fewer the ingredients the better!

OR the link below to determine if your snack meets the requirements





Protein Snacks

Slim Jim, Jack Links

Pumpkin Seeds, Almonds. Trail Mix (peanut free)

Energy Bars (within guidelines) Granola Bars (Kind, Chewy) Yogurt

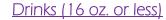


Dairy & Frozen

String Cheese, Cottage Cheese,

Puddina

Fruit Bars, Push-Pops, Pop-Ups Yogurt



Water, Powder Mixes (Propel, Mio, Crystal Light)



100% Fruit or Vegetable Juice



NesTea (black, peach, green)

V8 Fruit / Vegetable (within quidelines)



Chips & Crackers

Baked Potato Chips, Apple Chips, Chex Mix, Corn Nuts

Triscuits (12), Pringles (fat free), Pretzels, Skinny Pop Popcorn

Animal Crackers, Teddy Grahams, Kellogg's Gripz (Chips Deluxe / Graham)



Please be aware of any ingredients that might contain food allergens.



