

Nixa Public Schools

Healthy Snack Suggestions



Fruits & Vegetables

Apple, Banana, Orange, Grapes, *Del Monte* Canned Fruit
Dole Fruit Cup, Dried (not candied) Fruit
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



Drinks (16 oz. or less)

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



100% Fruit or Vegetable Juice

Snapple 100% Juice



NesTea (black, peach, green)

V8 Fruit / Vegetable (within
 guidelines)



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,

Pudding

Fruit Bars, Push-Pops, Pop-Ups

Yogurt



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.

