SUGGESTED HEALTHY SNACKS

(Some smart choices for school or all occasions)

- Apple
- Carrot
- Pear
- Low-fat Pita Chips
- Blackberries
- Low-fat Yogurt
- Raw Broccoli
- Celery
- Bagel w/ Jam
- Strawberries
- Low-fat Cottage Cheese & Fruit
- 1/2 Grapefruit
- Graham Cracker
- Apple Butter on Toast
- Fruit Canned in its own Juice
- Air-Popped Popcorn
- Bell Pepper Strips
- Fruit Smoothies (nonfat yogurt+fruit+skim milk)
- Fruit Salad
- Banana
- Cantaloupe
- Honeydew Melon
- Baked Bagel Chips
- Raisins
- Apple Slices Sprinkled w/Cinnamon
- Veggie Pizza w/o Cheese Grapefruit Juice
- Raw Veggies & Low-fat Dip Plums
- Animal Crackers
- Cucumber
- Baked Potato Chips Sugar-free Jello & Fat-free Cool Whip
- Unsweetened Applesauce
- Fat-free Cookies
- Cold Sugar-free Cereal & Skim Milk
- Instant Oatmeal & Fresh Fruit
- Raw Trail mix (1 oz.)
- Pizza Sauce on Whole Grain English Muffin
- Baked Potato & Low-fat Cottage Cheese
- Tomato Stuffed w/ Cooked Brown Rice
- Toasted Pita Wedges & Low-fat Cheese
- Fat-free Pudding
- Cooked Plantain
- Bean Dip & Veggies
- Cherry Tomatoes
- Apple Juice
- Zucchini, Pumpkin or Banana Bread
- 1/2 Lean Turkey Sandwich
- Pasta & Veggie Salad w/Olive Oil & Vinegar
- Gingersnaps
- Potato Skins w/ Fat-free Sour Cream
- Low-fat Mozzarella String Cheese
- Grape Juice
- Ice Milk
- Hummus & Toasted Pita
- Fig Bars
- Baked Sweet Potato Strips
- Blueberries
- Cranberries
- Low-fat Crackers w/Low-fat Cheese
- Whole Grain Breadsticks
- Green Salad w/ Low-fat dressing
- Baked Tortilla Chips & Salsa
- Orange
- Rice Cake & Lt. Cream Cheese
- Cooked Asparagus w/ Lemon
- Non-fat Frozen Yogurt
- Pineapple
- Frozen Grapes
- Low-sodium Veggie Juice
- Grapes
- Granola Bar
- Cooked Squash Slices
- Mini Tacos
- String Beans
- Pineapple Juice
- Pizza
- Frozen Fruit Bars
- Raspberries
- English Muffin w/ Fruit Spread
- Pretzels (hard/soft)
- Vanilla Wafers
- Natural Fruit Juice & Seltzer
- Fruit & Cheese Kabob
- Tangerine
- Apricots
- Watermelon
- Nonfat Plain Yogurt & Fresh Berries
- Oatmeal Raisin Cookies
- Dried Fruit
- Rice Cakes
- Raw Peas

Please Be Respectful of Students with Food Allergies When Sending in Any Food!