LasVirgenes Schools

Healthy Fruit & Vegetable Snack Ideas

Raw Vegetables with low-fat yogurt dip, cottage cheese or hummus
(Baby Carrots, Celery Sticks, Cucumber Slices)

Apples and Cheese
(Pears and other fruits are good too!)

Frozen Fruit Bars

Trail Mix with Nuts and Dried Fruit

100% Fruit Juice Box