



School Snack Ideas

Beverages



- 🍏 Water
- 🍏 100% Juice
- 🍏 Low-fat or skim milk (white or flavored)
- 🍏 Low-fat yogurt smoothie

Dairy

- 🍏 Low-fat yogurt
- 🍏 Cheese cubes
- 🍏 String cheese
- 🍏 Low-fat or skim milk (white or flavored)



Fruits/Veggies

- 🍏 Apple slices
- 🍏 Bananas
- 🍏 Box of raisins
- 🍏 Carrots or cucumbers with dip
- 🍏 Celery sticks with peanut butter and raisins
- 🍏 Melon balls
- 🍏 Apple sauce
- 🍏 Strawberries, blueberries
- 🍏 Orange sections
- 🍏 Sliced colored peppers
- 🍏 Frozen grapes or pineapple chunks
- 🍏 Nuts
- 🍏 Assorted dried fruit



Whole Grains

(limit to one ounce portions or smaller)

The following items may be allowable but check labels to be certain.

- 🍏 Baked chips
- 🍏 Pretzels (unsalted)
- 🍏 Graham or animal crackers
- 🍏 Air popped popcorn
- 🍏 Rice cakes with peanut butter



Tips to make it easy:

- ➔ Buy pre-packaged, snack-size portions.
- ➔ Canned or frozen fruits and vegetables are a healthy, low-cost alternative that need little or no preparation.
- ➔ Shop for fruits and vegetables that are in season.
- ➔ Serve snacks with no more than 200 calories per product/package.
- ➔ Limit total fat to no more than 35% of calories and saturated fat to less than 10% of total calories per product/package except for nuts, seeds or cheese.
- ➔ Provide snacks that are trans fat free.
- ➔ Reduce sugar content of food items to no more than 35% of calories per product excluding fruits and low-fat yogurt.
- ➔ Limit sodium to no more than 200 milligrams per product/package.