

Healthy Food Snack List

Veggies and Fruits

Raw veggies: please cut and slice

Dried: Low sugar/salt

- Avocado
- Broccoli
- Carrots
- Cauliflower
- Celery sticks
- Cucumber
- Green beans
- Lettuce/Spinach
- Pepper slices
- Snap peas
- Squash
- Tomatoes

- Apple slices
- Applesauce
- Bananas
- Blueberries
- Cantaloupe/honeydew melon
- Craisins
- Dried apricots or other fruit
- Dates
- Frozen 100% juice bar
- Grapefruit
- Grapes
- Orange
- Peach
- Pear
- Pineapple
- Plums
- Prunes
- Raisins
- Raspberries/Strawberries
- Watermelon

Protein and Dairy

Low-fat, low sugar

- Cheese sticks, chunks, or slices
- Yogurt
- Low-fat cottage cheese
- Low-fat string cheese
- Hardboiled eggs
- Low-fat dips
- Nuts (be alert to allergies)
- Sunflower/Pumpkin seeds
- Turkey/Ham/Chicken slices

Whole Grains

Items that are whole wheat, oat flour, multi-grain, corn, etc. avoid bleached flour

- Cheerios
- Graham crackers
- Fig bars or other fig cookies
- Oatmeal
- Popcorn
- Pretzels
- Rice cakes
- Sesame sticks
- Tortilla chips/salsa
- Trail mix
- Whole grain bagels or English muffin
- Whole grain crackers
- Whole wheat/grain bread

Other Items

- 100% fruit juice
- Milk, non –fat or 1%
- Plain or flavored water
- Sherbet, low fat ice cream, popsicles
- Pizza

***This list is not free of food allergen concerns. The teacher has the right to limit food items.**

Any Food that meets the Smart Snacks in School Calculator Guideline

Revised June 2018