



What should I bring to school for snack time?

Ideas for Healthy School Snacks

Apple Slices with 1 Tbsp Peanut Butter
Carrot and Celery Sticks with Peanut Butter or Low-Fat Cream Cheese
Veggie Slices (Peppers, Cucumbers, Carrots, Celery, etc.) with Low-Fat Ranch Dressing
100% Fruit Juice Popsicles
Fresh Fruit
Canned Fruit (canned in its' own fruit juice)
Dried Fruit
Applesauce Cups
Box of Raisins
100% Fruit Snacks
Low-Fat, Low-Sugar Yogurt Cups
Low-Fat Pudding Cups
Yogurt Smoothies
String Cheese
Low-Fat Cottage Cheese
½ Whole Grain Bagel with 1 Tbsp Peanut Butter or Jam
½ Sandwich on Whole Grain Bread (Turkey, Tuna, PB&J)
Low-Sugar, Low-Fat Granola Bars
Cereal or Oatmeal Bars
Animal Crackers
Pretzels
Popcorn
Mini Rice Cakes
Trail Mix
Whole Grain Crackers with cheese (Wheat Thins, Triscuits)
Goldfish Crackers
Keebler Snack Sticks
Graham Crackers with 1 Tbsp Peanut Butter
Low-Fat Fruit Muffins or Bread (Blueberry, Banana, Oatmeal Raisin)
Low-Sugar Dry Cereal
Sunflower Seeds
Rolled Up Turkey Slices
The Laughing Cow Light Cheese Bites

