

## Healthy Snack and Beverage Ideas

Here is a suggested list of appropriate food items to be served in school. If not sure, please ask Mrs. Acker. **\*\* ANY FOOD ITEM SENT IN THAT DOES NOT MEET REQUIREMENTS, WILL NOT BE SERVED\*\*** **\*\*ALLERGY AWARE CLASSROOMS, MUST ONLY OFFER STORE BOUGHT ITEMS, UNLESS OTHER ARRANGEMENTS HAVE BEEN MADE\*\***

### BEVERAGES

Water

100% fruit juice with no added sugar

Fat-free or low fat milk

Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)

100% fruit juice slushies with no added sugar

Silly Water—add fruit and herbs to plain water for fruit infused blend

### FRUITS & VEGGIES

Fresh fruit—trays, salads or kabobs

Fresh vegetables— trays, salads or kabobs

Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)

Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)

Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!)

Dried fruit with no added sugar

### WHOLE GRAINS

Whole grain crackers, pretzels or cereal bars

GF crackers, cereal bars etc.

Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter

Low-fat or air popped popcorn (no added butter or salt)

Graham crackers

Baked whole grain tortilla chips with salsa or bean dip

### PROTEINS

Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)

**Nut or seed butter (serve with fruit or whole grain crackers) \***

**Nuts or seeds\***

**Trail mix made of nuts or seeds and dried fruit with no added sugar\***

Low-fat cheese (serve with fruit or whole grain crackers) Hummus (serve with vegetables or whole grain crackers)

**(\*Not appropriate for “allergy aware” classrooms)**

### NOT ACCEPTABLE

Cake

Cupcakes

Iced Brownies

Freeze Pops not 100% juice