

HEALTHY IN-SCHOOL SNACK OPTIONS

BREADS & GRAINS

Bagel
Baguette
Bread Sticks
Crackers
English Muffin
Focaccia
Pita
Rice Cake
Rolls
Buns
Sandwich Bread
Tortillas/wraps
Couscous
Oatmeal
Pretzels
Trail Mix
Popcorn

SPREADS

Nut butter – almond, cashew
Apple Butter
Mashed Avocado
Mashed Banana
Cream Cheese
Pesto
Tomato or Pizza Sauce
Spreadable Cheese:
Brie/Goat



PROTEIN

Hummus
Peanut Butter
Cheese
Tofu
Beans – whole or mashed
Cottage Cheese
Yogurt
Nuts
Edamame or Soy Beans

Beverages

Water
Milk



FRUITS & VEGGIES

Carrots – sticks/shredded
Celery
Cucumber/Pickles
Sprouts
Green Beans
Raisins
Apple – sauce/sliced
Lettuce
Figs
Grapes
Kiwi
Melon
Peas – in shell or out
Salsa
Seaweed
Shredded Cabbage

Fresh or Dried:

Apples
Plums
Peaches
Apricots
Pears
Blueberries
Cherries
Mango
Papaya
Nectarines
Oranges
Pineapple
Raspberries
Strawberries
Tomato