

Healthier Snacks for the Classroom

Students play, work and think hard all day at school. That's why it's important to fill them up with the kind of food that will keep them going strong!

Fresh fruit; grapes, pears, cuties, oranges and apples. Cut up or peel to make the fruit easier to eat

Fruit and cheese cut up and placed in small containers or bags

Fruit cups in 100% juice

Applesauce cups unsweetened

Sun chips in small bags

Baked chips or popcorn in small bags

Sliced cheese with whole grain crackers

Celery with PB (if allowed in your classroom)

Trail mix with dried fruit, different flavored cheerios, and a few dark chocolate chips

Lunch meat and cheese roll ups

Homemade muffins or breads-you can make mini muffins too (Muffins also freeze well!)

Yogurt-Flavored; Greek has higher protein but watch for added sugars

Fresh Vegetables; pre-cut carrots, peppers, cucumbers, celery and serve with hummus or ranch

Air popped popcorn-make a large batch and portion in small zip top bags

Pretzels-purchase a large bag and portion in small zip top bags

Granola bars-watch the sugar content and ingredients; some can be as bad as a candy bar

Mini bagel with cream cheese and sliced strawberries or cream cheese and a sprinkle of cinnamon

Beef Jerky

Dried fruit-with no added sugar

Dehydrated fruit and vegetable chips

Cherry Tomatoes and mozzarella cheese sticks

Please stay away from:

Packaged snacks that contain more than **8 grams of sugar**

Fruit snacks, gold fish crackers and other snacks that are carbohydrate based. **These are fine on occasion, even daily, in small amounts and even better when paired with a fresh fruit or vegetable.

Rice Crispy Treats, Golden Grahams, Hostess desserts, vanilla wafers and any other cookie or candy are **NOT** snacks allowed in the classroom.

If you have any questions, please be sure to speak with your classroom teacher

