# Healthy Snack List

The following list includes foods and beverages which are considered healthier options for snacks based on our district wellness policy. The Food and Nutrition Department can help provide most of these items that can be used for classroom snacks or celebrations, and fundraising activities.

### Beverages:
- 100% fruit juices
- (juice box or cartons)
- Bottled water
- Sparkling water
- Milk (low fat/nonfat)
- Flavored low-fat milk

### Fresh Fruits and Vegetables:
- Apples
- Orange Wedges
- Petite Bananas
- Pears
- Grape clusters
- Strawberries
- Melon cubes
- Kiwi halves
- Seasonal: plums/nectarines
- Baby carrots
- Celery sticks
- Grape/cherry tomatoes
- Sliced peppers
- Cucumber slices
- Broccoli florets

### Dips for veggies:
- Hummus
- Peanut butter
- Low-fat ranch dressing
- Salsa

### Low Fat Grain foods:
- Pretzels
- Graham crackers
- Animal crackers
- Baked tortilla chips
- Baked potato chips
- Rice cake snacks
- Flat breads
- Popcorn
- Oatmeal to go cereal bars
- Nature Valley granola bars
- Bran muffins
- Corn muffins
- Nutri-grain cereal bars
- Dry whole grain cereals
- Mini bagels

### Additional Items:
- Organic Fruit snacks
- Frozen fruit bars
- Trail mix
- Walnuts
- Raisins
- Canned fruits in natural juice
- Low fat yogurt
- 100 calorie cookie packs
- Linden’s whole grain cookies (2pk)
- Soy Crisps
- Baked Pita chips
- Chex Snacks