



White Plains Public Schools

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