**Healthy Food Snack List**

**Fruits and Veggies**

*Raw veggies: please cut and slice*

*Dried: Low sugar/salt*

* Avocado
* Broccoli
* Carrots
* Cauliflower
* Celery sticks
* Cherry tomatoes
* Cucumber
* Green beans
* Pepper slices
* Snap peas
* Squash
* Apple slices
* Applesauce
* Bananas
* Blueberries
* Cantaloupe/honeydew melon
* Craisins
* Dried apricots or other fruit
* Dates
* Frozen 100% juice bar
* Grapefruit
* Grapes
* Orange
* Peach
* Pear
* Pineapple
* Plums
* Prunes
* Raisins
* Raspberries/Strawberries
* Watermelon

**\*This list is not free of food allergen concerns. The teacher has the right to limit food items.**

**Protein and Dairy**

*Low-fat, low sugar*

* Cheese sticks or chunks
* Yogurt
* Low-fat cottage cheese
* Low-fat string cheese
* Hardboiled eggs
* Low-fat dips
* Nuts (be alert to allergies)
* Sunflower seeds
* Turkey slices

**Whole Grains**

*Items that are whole wheat, oat flour, multi-grain, corn, etc. avoid bleached flour*

* Cheerios
* Graham crackers
* Fig bars or other fig cookies
* Oatmeal
* Popcorn
* Pretzels
* Rice cakes
* Sesame sticks
* Tortilla chips/salsa
* Trail mix
* Whole grain bagels or English muffin
* Whole grain crackers
* Whole wheat/grain bread

Other Items

* 100% fruit juice
* Milk, non –fat or 1%
* Plain or flavored water
* Sherbet, low fat ice cream, popsicles
* Pizza