



Classroom Snacks

Offering healthy snack choices in the classroom is an important part of creating a healthy school environment. All parents and school staff who supply snacks for the classroom are encouraged to provide healthy food choices. By doing this, you are reinforcing the importance of healthy eating and contributing to the improved eating habits of students.

Here are our suggestions for classroom snacks:

- 🍏 Fresh or Dried Fruits
- 🍏 Vegetables with low-fat dip
- 🍏 Animal crackers
- 🍏 Yogurt with 35% or less sugar
- 🍏 Trail mix
- 🍏 Low-fat pudding cups
- 🍏 Baked chips
- 🍏 Applesauce cups
- 🍏 Pretzels
- 🍏 100% fruit juice
- 🍏 Fruit cups
- 🍏 String cheese
- 🍏 Granola Bars
- 🍏 Low-fat Popcorn
- 🍏 Graham crackers
- 🍏 Rice Cakes
- 🍏 Water
- 🍏 Nutrigrain or cereal bars
- 🍏 Low-fat Ice cream
- 🍏 Fruit juice bars

Due to food safety and other concerns, parents and school staff are strongly encouraged to bring in snacks prepackaged as single servings.

