

RECOMMENDED

HEALTHY IDEAS FOR CLASSROOM SNACKS & PARTIES



- ☉ Low-fat Milk/flavored milk
- ☉ 100% Juice
- ☉ Water/flavored water (calorie-free)
- ☉ Fresh fruit assortment
- ☉ Fruit and cheese kabobs
- ☉ Fruit with whipped topping
- ☉ 100% fruit snacks
- ☉ Vegetable trays
- ☉ Cheese- cube, string
- ☉ Pretzels
- ☉ Low-fat popcorn
- ☉ Graham crackers
- ☉ Fig Newtons
- ☉ Animal crackers
- ☉ Reduced fat/Baked chips
- ☉ Reduced fat muffins
- ☉ Pizza dippers (pizza toppings and bread on skewer with dip)
- ☉ Low-fat pudding
- ☉ Pizza with low fat toppings (veggie, lean ham, Canadian bacon)
- ☉ Angel food cake- plain or topped with fruit
- ☉ Ham, cheese, or turkey sandwiches (with low fat condiments)
- ☉ Low-fat frozen desserts (Yogurt, Ice Cream, Sherbet, & Juice Bars)
- ☉ Yogurt smoothies
- ☉ Quesadillas with salsa
- ☉ Low-fat breakfast or granola bars
- ☉ Trail/Cereal Mixes
- ☉ Nuts, seeds

**For more information, contact Coordinated School Health at
772-9613.**