

MIDDLE SCHOOL

Healthful Snack and Beverage Suggestions



Snacks:

General Mills Cereal Bars:

- Cinnamon Toast Crunch
- Cocoa Puffs

Nabisco 100 Calorie Packs:

- Chips Ahoy Thin Crisps
- Wheat Thins Chips
- Oreo Thin Crisps
- Ritz Chips Minis

Chex Mix (1.75 oz):

- Traditional
- Hot & Spicy
- Simply Cheddar

Fruit Snacks:

- General Mills Fruit by the Foot,
- General Mills Scooby Do Fruit Snacks
- Welch's Reduced-Sugar

Nature Valley Crunchy Granola Bars:

- Oats n' Honey
- Cinnamon

PowerBar Harvest

- Apple Cinnamon Crisp

Corn Nuts (1.7 oz):

- Original
- Ranch
- Chile Picante
- BBQ

Cheez-its (1.5 oz):

- Reduced Fat

Pepperidge Farms (.75 oz):

- Goldfish Kickin' Ranch
- Original Goldfish
- Goldfish Pretzel

Clif ZBar Organic:

- Chocolate Chip
- Chocolate Brownie

Quaker Fruit and Oatmeal Bars:

- Apple Crisp
- Strawberry

TLC Kashi Tasty Little Chewies

- Honey Almond Flax
- Trail Mix

Healthy Food Choices:

- Angel food cake, plain or topped with fruit
- Low-fat pudding and yogurt
- Yogurt parfaits topped with cereal or granola
- Whole pita bread or crackers with bean dip
- "Ants on a Log": Celery with cream cheese and raisins
- Plain popcorn
- Rice cakes
- Low-fat muffins
- Vegetable trays with low-fat dip
- String cheese/cottage cheese/cheese cubes
- Quesadillas or bean burrito with salsa
- Turkey, ham or cheese sandwich or wraps with low fat condiments
- Pizza with low fat toppings
- Fruit Smoothies (blend berries, bananas, and pineapple)

Beverages:

Gatorade:

- 12 oz. Ice Punch, Lemon Lime, Berry
- 20 oz. Cool Blue, Riptide Rush, Fierce Melon, Extremo Mango

Izze Sparkling 100% Juice:

- Apple, Clementine Orange, Pomegranate, Blackberry

Vitamin Water:

- Fruit Punch, Kiwi Strawberry

Snapple (11.5 oz):

- Fruit Punch, Grape, Orange Mango, Strawberry Lime

Capri-Sun:

- Apple Splash, Berry Breeze, Fruit Dive

Hansen's 100% Juice Slam (6.75 oz):

- Apple, Burstin' Berry, Strawberry Banana