

ELEMENTARY SCHOOL

Healthful Snack and Beverage Suggestions



Snacks:

Nabisco 100 Calorie Packs:

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

Quaker Chewy Granola Bars:

- Chocolate Chip
- Oatmeal Raisin

Nutri-Grain Bars:

- Strawberry
- Blueberry
- Apple

Frito Lay "Baked!" Chips:

- Hot Cheetos
- BBQ
- Sour Cream and Onion

Keebler Grahams:

- Elf Grahams Cinnamon
- Elf Grahams Original
- French Vanilla
- Apple Cinnamon

Pepperidge Farms (.75 oz):

- Goldfish Kickin' Ranch
- Original Goldfish
- Goldfish Pretzel

Mott's or Tree Top Applesauce (4 oz):

- Cinnamon
- Mixed Berry
- Regular

Fruit Snacks:

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

Clif ZBar Organic:

- Chocolate Chip
- Chocolate Brownie

Quaker Mini Rice Cakes

Quaker Fruit and Oatmeal Bars:

- Apple Crisp
- Strawberry

Snyder Mini Pretzels

Sun Chips

Healthy Food Choices:

- Angel food cake, plain or topped with fruit
- Low-fat pudding and yogurt
- Vegetable trays with low-fat dip
- 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
- Low-fat granola or breakfast bars

Fun Fruit and Yogurt Parfaits

- * Non-fat vanilla yogurt
- * Fresh or frozen berries (thawed), cut in small pieces
- * Crushed graham crackers
- * Pretzels

Directions:

Give each child a small cup half filled with yogurt. Place berries, graham crackers, and pretzels in small bowls with serving spoons. Let children make their own parfaits.

Beverages:

Capri-Sun:

- Apple Splash, Berry Breeze, Fruit Dive

Tree Top 100% Juice (10 oz):

- Apple, Kiwi-Strawberry, Mango-Peach, Orange

Welch's Apple Juice (11.5 oz)

Snapple (11.5 oz):

- Fruit Punch, Grape, Orange Mango, Strawberry Lime

NesQuik Milk (8 or 14 oz):

- Chocolate, Strawberry

Minute Maid Juice (15.2 oz):

- Apple, Orange