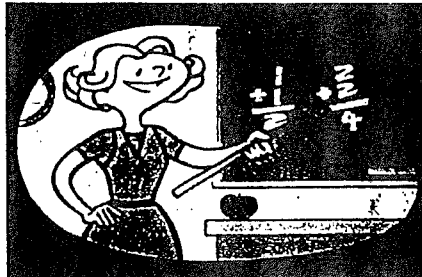


Healthy Classroom Snacking A - Z



Healthy Snack Suggestions for Special School Celebrations and Classroom Parties

- Apples
- Bananas
- Carrots
- Dry cereal (*unsweetened, whole grain*)
- Edamame (*soy beans*)
- Fig bars
- Graham crackers w/ peanut butter
- Hummus w/ whole wheat pita bread
- Individual pudding cups (*low fat*)
- Juice (*100% fruit juice*)
- Low-fat cheese
- Mini muffins (*low fat*)
- Nectarines
- Orange sections
- Pretzels, Popcorn (*low fat*)
- Rice cakes
- Strawberries, smoothies (*fruit and low fat yogurt*)
- Tortilla chips (*baked*) w/ salsa
- Unsweetened applesauce
- Vanilla yogurt (*low-fat*) dip with fruit
- Walnuts
- Yogurt, frozen (*low fat*)
- Zucchini sticks w/ (*low fat*) ranch dressing