

SNACK IDEAS

Fruits/Vegetables:

1. Celery With Cream Cheese
2. Applesauce Cups
3. Fruit Cups
4. Dried Fruits (Apricots, Apples, Cherries, etc.)
5. Fresh Fruit w/ Cool Whip
6. Frozen Fruit Bars (No Sugar Added)
7. Fruit Kabobs
8. Raisins/Craisins
9. Raw Vegetables with Dip

Grains:

1. Banana or Zucchini Bread
2. Cereal Parfait
3. Bagels With Cream Cheese or Jelly
4. Chex Mix
5. Granola Bars
6. Nutri-Grain Bars
7. Muffins (Whole Grain)
8. Pizza Bagel Bites
9. Pretzels
10. Whole Wheat Cereal Bars
11. Rice Cakes (All Varieties)
12. Baked Chips (Whole Grain) with Salsa or Bean Dip
13. 100 Calorie Snack Packs
14. Angel Food Cake

Crackers:

1. Animal Crackers
2. Graham Crackers
3. Wheat Thins
4. Teddy Grahams (All Varieties)
5. Goldfish (All Varieties)
6. Cheez Its
7. Crackers with Peanut Butter or Cheese
8. Melba Toast

Nuts/Seeds:

1. Almonds
2. Corn Nuts
3. Peanuts or Trail Mix
4. Pumpkin Seeds

Milk Products:

1. Cheese Sticks or Cubes
2. Frozen Yogurt Bars
3. Fudge Bars
4. Low Fat or Sugar Free Pudding with Vanilla Wafers
5. Yogurt (May Add Granola)
6. Yogurt Drink (Danimals)
7. GoGurt (May Be Frozen)
8. Flavored Low-Fat Milk

Extras:

1. Jerky
2. Popcorn
3. Rice Krispies Treats (Original)
4. Sherbet
5. Guacamole
6. Hummus
7. Fruit Snacks Made with 100% Juice
8. Fruit Leathers (No Sugar Added)
9. Veggie Pockets (Wheat Pita Bread with Fresh Veggie and Hummus or Dressing)
10. Sugar Free Jell-O Cups

Drinks:

1. Bottled Water
2. Juice (100%)
3. Milk-Low Fat (< 360 Calories Per Serving)
4. Yogurt Smoothie
5. V-8 Fusion (All Varieties)
6. Juice (100%) Mixed with Seltzer (50/50)

To meet the advanced level of the wellness policy, 50% of the items offered must meet the following criteria:

*Less than 4g of fat per 100 calories

*Less than 9g of sugar per 100 calories

*200 calories or less per selling unit

Brought to you by the Spring Hill USD 230 Health Committee
Encouraging healthy food & beverages for class celebrations, rewards, fundraisers, and more.

