

HEALTHY SNACK IDEAS

For individual student snacks or classroom snacks, treats, birthdays!

**Any snacks shared by the class must be in the original package with nutrition and ingredient contents.

1. Applesauce pouches
2. Banana
3. Banana and graham crackers
4. Blueberries
5. Canned fruit in 100% juice
6. Cheese stick
7. Clementines
8. Cucumbers
9. Crackers (cheese crackers or whole grain) and cheese
10. Crackers and hummus
11. [Dino Bars](#) snack bar
12. Dried fruit like apples
13. [Dry cereal](#) (Cheerios, Kix, Chex)
14. Fruit leather and crackers
15. [Kind Kids Granola Bars](#)
16. Raisins and sunflower seeds, dry cereal, or slivered cashews (not whole) if nuts are allowed
17. Sandwich quarter or half
18. Snap peas and hummus
19. [Snap pea crisps](#) and fruit
20. Smoothie in [reusable pouch](#)
21. Yogurt, drinkable
22. Yogurt pouch or tube
23. [Cliff Kids Z Bar](#)
24. Rice cakes w/ nut butter
25. Any fresh fruit

What healthy snacks can you and your child find that are healthy and fun to try?!

