

## Healthy Snacks for Healthy Kids!

Below is a guideline for snacks and beverages to be brought into the classroom by parents or teachers. Some of the suggestions do include nuts. Nuts are a healthy and nutritious ingredient, but it is always good to be aware of the ingredients and know who in your class has a nut allergy. The elementary school has gone to a no nut policy. We have not adopted that in the MS. Our thoughts are, that students are older and more aware of their allergies, and the reality is that nuts are part of the choices here in the cafeteria and elsewhere. It is always important to have an alternative choice for students with food allergies and to label all ingredients.

### SNACKS

Best ☺☺☺	Acceptable ☺☺	Limited ☺ (limit size / number)
Whole grain cereal bars, granola bars, protein bars	Cookies – whole grain, fruit filled, nuts, dried fruits	
Whole grain muffins, bagels, and breads with fruit spread	Muffins, bagels and breads with cream cheese, oil spreads	
Whole grain crackers and cheese	Whole grain crackers and peanut butter	Crackers and cheese or peanut butter
Whole grain chips, tortilla chips with salsa	Pretzels, tortilla chips with cheese	
Nuts and seeds- plain or with spices	Nuts with light sugar covering; honey coated	Chocolate or yogurt-coated nuts
Trail mix – nuts, seeds and dried fruit	Trail mix with cereal	Trail mix with chocolate or yogurt covered nuts or fruit
Fresh vegetables – carrots, celery, peppers, broccoli, etc.	Fresh veggies with dip, cream cheese or peanut butter	
Fresh fruit – apple, orange, pineapple, grapes, banana, melon, berries, etc.	Fresh fruit with yogurt dip, cheese, or peanut butter, canned fruit, applesauce	
Popcorn – air popped	Popcorn – natural, low-fat	Popcorn
Cheese & meat platters, hard boiled eggs, olives	Sandwiches, wraps, italians pizza - cheese or veggie, deviled eggs, pickles	Pizza – meat topping
Yogurt	Pudding	
Cereal - whole grain	Cereal – unsweetened	

### BEVERAGES

Best ☺☺☺	Acceptable ☺☺	Limited ☺
Milk, non-fat or low fat (1%)	Milk, 2%, whole Flavored milk, non-fat or low fat (1%)	
Juice- fruit and vegetable that contains 100% juice	Juice- contains at least 50% fruit or vegetable	
Water, pure	Flavored or vitamin-enhanced fitness water	Sparkling water
Yogurt smoothies with fruit	Yogurt shakes or smoothies	Milk shakes (low-fat)