



School Snack Suggestions



We are a Peanut Free School

Fruits & Veggies

Orange/Pear/Apple Slices
Blueberries, Blackberries, Raspberries
Bananas
Salsa
Sliced Bell Peppers
Fresh Fruit Salad
Veggie Tray
Unsweetened Applesauce
Edamame
Grape Tomatoes
Strawberries
Carrots/Celery
Sugar Snap Peas
Star fruit
Kiwi
Pineapple chunks/slices
Watermelon
Peaches
Cantaloupe/HoneyDew
Cucumber slices
Avocado

Dairy/Spreads

Quesadillas
Yogurt
Cottage Cheese
Hummus
Guacamole
Low-Fat Mozzarella String Cheese
Cashew/Almond/Sunflower Butter
Fruit preserves (100% fruit)
Cream Cheese

Dry

Muffins
Pretzels
Mixed Nuts
Corn Chips
Oatmeal bars
Pita chips
Trail mix
Cereal
Dried Fruit
Granola Bars
Bagels
Kale Chips
Whole grain crackers
veggie based chips
Seaweed

Protein

Deli Meats
Jerky or Meat sticks
Salami/Pepperoni slices
Prosciutto

Drinks

Water
Milk

Thank you for choosing a healthy snack diet for your child!