

Nutritional Snack Break

K-3 through 6th grade

School snacks play an important role in fueling our students. Carefully chosen, school snacks can be an important part of your child's healthy eating plan. Healthy snacks can supply nutrients such as vitamins A and C, Calcium, and Fiber, without too much fat or too many calories.

Acceptable Snacks

Pretzels
Flavored Mini
Graham crackers
Wheat crackers
Popcorn lightly buttered
Fig bars
Trail Mix
Fruit Muffins
Zucchini, banana, or cranberry bread
Granola Bars
Grapes
Raisins
Orange or Tangerine slices
Apple slices
Kiwi slices or pineapple chunks
Unsweetened applesauce
Cheese
Mini yogurt cups
Cottage Cheese
Celery stuffed with peanut butter
Cherry tomatoes
Fresh vegetables

Non Acceptable Snacks

Drinks
Pudding
Chips
Rice krispie treats
Cookies