

# Healthy Snack Ideas



Cause Snack Time Is Re-Fuel Time!

## All kinds of fruit:

- For grades K-5, please send fruit washed, cut, & ready to serve.
- For Middle, pack a snack size bag, container, or piece of fruit

## Suggestions:

Apples	pears	nectarines	peaches	tangerines
Grapes	pineapple	strawberries	blueberries	bananas
Melon	raspberries	applesauce	oranges	dried fruit

## All kinds of vegetables:

- For grades K-5, please send fruit washed, cut, & ready to serve.
- For Middle, pack a snack size bag or container, with or without dip

## Suggestions:

Celery	carrots	bell peppers	cherry tomatoes	cucumbers
Broccoli	cauliflower			

## Proteins suggestions:

Hard boiled eggs	Yogurt	cheese slices	sliced meats
Nut butters			

## Grain Suggestions:

Whole Grain Crackers, Bread, Pitas, Bagels, rice cakes, popcorn, pretzels, granola bars, trail mix, cereal bars

**Please, skip the chips, juices, and processed snacks!**