

Healthy Snacks

Many of our classrooms allow snacks so here are a few healthy alternatives to cake and candy:

FRUIT

- fruit smoothies
- fruit kabobs on wood skewers
- fruit trays
- fruit cups
- apple slices (dip in citrus juice to keep white) with peanut butter or cheese
- banana bites with peanut butter (can roll in chopped nuts)
- frozen bananas dipped in chocolate
- dried fruit

VEGGIES

- veggie trays with dip
- celery sticks with peanut butter or cheese spread
- baby carrots
- veggie kabobs

DAIRY

- yogurt
- cheese cubes
- frozen yogurt (dipped, cups, sandwiches with oatmeal cookies, fruit toppings, etc.)
- cheese and crackers

BREAD/SANDWICHES

- pita, snack, or mini size (with dips, cheese/meat, peanut butter, banana, cream cheese, etc.)
- party size sandwiches (cookie cutter cut outs work great!)
- subs cut into small pieces
- rollups from tortillas cut into bite size pieces
- baked tortilla chips with salsa
- pretzels
- graham crackers
- bagels or mini bagels with cream cheese
- low fat granola bars
- mini muffins (low fat)
- soft or hard breadsticks
- English muffins with toppings/spreads
- crackers (Wheat Thins, water crackers, Air Crisps, Goldfish, etc.)
- French bread cubed for dipping (veggie dip works well)

PROTEIN

- eggs (hard boiled, deviled, egg salad with celery sticks)
- meat & cheese kabobs
- trail mix with candy

OTHER

- popcorn, granola mix, cereal mixes