

## HEALTHY SNACKS

### BEVERAGES

Fruit Juices 100%  
Fruit Smoothies 100% juice  
Milk, non-fat or low-fat, plain or flavored  
Water, plain or flavored-no sugar or artificial sweeteners

### LOW-FAT GRAIN FOODS

Pretzels  
Animal Crackers  
Wheat Crackers  
English Muffin-whole wheat  
Rice Cakes or mini Rice Cakes (flavored)  
Baked Tortilla Chips with Salsa or Cheese Sauce  
Muffins fruit or grain  
Cereal individual servings  
Bagel half  
Fig Bar or Newtons  
Vanilla Wafers  
Bread Sticks  
Soft-Pretzel  
Granola Bars low-fat

### FRESH FRUITS AND VEGETABLES

Fruit fresh seasonal  
Vegetables fresh with low-fat dip or salad dressing

### ADDITIONAL TREATS

100% Fruit Snacks  
Fruit Bars  
Frozen Yogurt low-fat  
Frozen Fruit Bars  
Pudding low-fat  
Popcorn fat free  
Beef Jerky-95% fat free  
Peanut Butter and Crackers  
String Cheese low-fat  
Cookies low-fat  
Nabisco Snacks 100 calories  
Trail Mixes with fruits, nuts, and grains  
Yogurt Splits/Parfait  
yogurt, banana with toppings  
Baked Potato Chips/Snacks  
Ice Cream low-fat

### OTHER SNACK ITEMS

**that meet the following criteria:**

- \*Items will provide <250 calories per serving.
- \*<35% of calories from fat (excluding nuts and reduced fat cheeses).
- \*<10% of calories from saturated fat (excluding reduced fat cheeses).
- \*<35% sugar by weight (excluding naturally occurring sugars and low-fat yogurts) and added sugar will not be listed as the first ingredient.

### NON-FOOD REWARDS

Pencils  
Stars  
Stickers  
Certificates  
Rulers  
Movie Coupons  
Coupons for extra computer time, reading time, free time, etc



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