

Classroom Snack Ideas

Homemade Options:

- Grapes, Apples, Bananas, and Pears make for a perfect portable treat
- Frozen grapes are great for hot days
- Rabbit Bags - create a combination of celery, carrots, and grape tomatoes
- Sliced vegetables with low fat dip
- Popcorn Trail Bags - min unflavored popcorn with raisins and other dried fruit
- Fruit Parfaits
- Corn Chips with Melon Salsa
- Fill a Pita pocket with fresh veggies and splash of Italian Dressing
- Brown Rice Cakes with Sun Butter and fresh fruit
- Butterfly Bags - fill bags with grapes and crackers-clip the middle with a clothes pin

Packaged Snacks:

- 100 Calorie packs - try the low-fat, whole grain crackers
- Baked Tortilla Chips (100 calorie)
- Baked Potato Chips (120 calorie and 3 grams fat)
- Baked Whole Grain Pita Chips
- Pudding cups - Sugar Free
- Whole Grain cereals - without added sugar
- Boxed Raisins
- Whole Grain Fig Cookies
- Individual Fruit Cups - packed in Juice
- Yogurt Tubes
- Baked Gold Fish Crackers

