

**Healthy Snack and juice List:** Please have the snack prepared if needed (cut, washed, etc.) for class that day

Muffins

Pretzels

Some cereals

Cheerios

Fruit loops

Popcorn

Cut fresh fruit

Cut veggies

Canned fruit (Not packed in syrup)

Raisins

Dried fruit Mix

Pudding

Cheese chunks

Peanut butter crackers

Bologna chunks

Cheese crackers (ex. goldfish, chez-its)

Vanilla Wafers

Animal Crackers (usually always have this in the classroom as an alternative)

Graham crackers

String cheese

Applesauce

Yogurt

“Veggie Sticks”

Nuts

100% juice – (ex. apple, grape, orange juice, cranberry, mixed fruit, etc.)

Milk

**Unhealthy snacks and juice:**

Candy

cookies (only for birthdays)

potato chips

Cupcakes

Anything high in sugar

No “ade” drinks (ex.

Lemonade, Gatorade)

HiC

Hawaiian punch

Yoohoo

**Please no individual juice boxes.**



**If unhealthy snacks are sent, teacher has the option to not provide.**