



Fresh Fruit

Apple slices (pre-packaged or fresh)
Clementines / Cuties
Grapes (washed, served whole or halved)
Banana
Fruit cups in 100% juice



Veggie Snacks

Baby carrots
Cucumber slices
Snap peas
Cherry tomatoes
Mini cups of hummus



Protein & Dairy

String cheese
Yogurt tubes
Hard-boiled eggs (peeled)
Cottage cheese cups
Nut-free protein bars



Whole-Grain Options

Whole-grain crackers
Mini rice cakes
Whole-grain pretzels
Whole-grain pita chips
Oatmeal cups (warm or cold overnight oats)



Crunchy Classroom Favorites

Air-popped popcorn
Baked chips (small bags)
Veggie straws
Pirate's Booty
Whole-grain Chex mix



Grab-and-Go Packs

Applesauce pouches
Fruit leather (no added sugar)
Trail mix (nut-free)
Mini graham cracker packs
Goldfish (whole grain if possible)



Sweet-but-Smart Treats

Animal crackers
Fig bars
Mini muffins (whole grain)
Dark-chocolate-dipped pretzels
Yogurt-covered raisins



Smart Drink Options

Water
Flavored water (no sugar)
100% fruit juice boxes
Milk boxes (white or chocolate)