**HEALTHY SNACK LIST**

A healthy school snack consists of a balance of protein and fiber. Healthy snacking can help students keep their energy up throughout the school day and provide fuel for learning.

**FRUIT**

*Fresh*Apples  
Applesauce  
Clementine  
Oranges  
Nectarines  
Peaches  
Grapes  
Strawberries  
Blueberries  
Raspberries  
BlackberriesSuggested pairings: Fruit yogurt dip, low-fat caramel dip.

**Dried**

Sun-Maid Raisins  
Sunsweet Raisins  
Ocean Spray Cranberries  
Nature’s Promise Cranberries  
Brothers Peach Crisps  
Brothers Pineapple Crisps  
Brothers Asian Pear Crisps  
Brothers Strawberry/Banana Crisps  
Sunsweet Prunes  
Mariani Cherries  
Made in Nature Apricots  
Made in Nature Apples  
Stretch Island Fruit Co. Fruit Leathers  
» Apricot  
» Cherry  
» Mixed Berry  
» Apple  
» Grape  
» Raspberry  
» Strawberry

**VEGETABLES**

Carrot sticks  
Celery  
Cucumber  
Grape tomatoes  
Cherry tomatoes  
Peppers  
Snap peas  
Broccoli florets  
Cauliflower florets  
Suggested pairings: Hummus, low-fat salad dressing, Greek yogurt vegetable dip.

**DAIRY**

Greek Yogurt  
» Chobani Non Fat Greek Yogurt (all varieties)  
» Oikos NonFat Greet Yogurt (all varieties)  
» Yoplait Greek Yogurt (all varieties)

**NUTS**

Emerald Almonds Natural – 100 Calorie Packs  
Emerald Cashews Whole (160 calories)  
Emerald Walnuts & Almonds Natural – 100 Calories Packs  
Planters Peanuts Dry Roasted (160 calories)  
Wonderful Pistachios Roasted Salted in Shell (170 calories)

**WHOLE GRAINS**

*Snack Bars*Nutrigrain Cereal Bars» Apple» Blueberry» StrawberryNature Valley Bar» Chewy Trail Mix

Kashi Soft Baked Cereal Bar  
» Cherry Vanilla  
» Ripe Strawberry  
» Honey Almond Flax  
» Peanut Peanut Butter  
General Mills Fiber One Chewy Bar  
Kellogg’s Special K Cereal Bar  
» Blueberry  
» Strawberry  
» Vanilla Crisp

**Chips**

Athenos Pita Chips (Whole Wheat)  
Skinny Pop Popcorn (Snack Size)  
Baked Cheetos  
Baked Naturals Cracker Chips -  
Simply Multigrain  
Baked Regular Potato Crisps  
Baked Regular Ruffles Brand Potato  
Chips  
Baked Tostitos Original Bite  
Popchips  
» Parmesan Garlic  
» Sweet Potato  
» Sea Salt and Vinegar  
» BBQ  
» Sour Cream and Onion  
» Original  
Snack Factory Pretzel Crisps  
(all varieties)  
GeniSoy Soy Crisps – Deep Sea Salted  
Quaker Rice Cakes  
Crackers  
Elf Grahams Original Graham Snacks  
Elf Grahams Chocolate Chip Graham  
Snacks  
Goldfish Crackers Whole Grain  
Cheddar Cheese  
Honey Maid Graham Crackers  
Honey Maid Cinnamon Graham  
Crackers  
Zoo Animal Crackers

**Cookies**

Otis Spunkmeyer Low-Fat Wild  
Blueberry Muffin  
Otis Spunkmeyer Sweet Discovery  
Reduced Fat Chocolate Chip Cookie  
Fig Newtons  
Teddy Grahams  
» Honey  
» Cinnamon  
» Chocolate  
» Chocolatey Chip  
Pepperidge Farm Soft Baked Cookies  
Oatmeal Raisin  
Nilla Wafers (Reduced Fat)

**Dips**

Oasis Lentil Dip  
Marzetti Caramel Dip  
» Fat Free  
» Old Fashioned  
Guacamole  
» Sabra  
Hummus  
» Athenos Hummus (all varieties)  
» Sabra Hummus (all varieties)  
» Marzetti Otria Hummus Veggie Dip  
» Tribe Hummus (all varieties)  
Salsa  
» Amy’s Salsa  
» Chi-Chi’s Salsa  
» Desert Pepper Salsa  
» Frontera Salsa  
» La Preferida Salsa  
» La Victoria Salsa  
» Nature’s Promise Salsa  
» Newman’s Own Salsa