



## Healthy Snack Ideas for Classroom Celebrations

- Fresh Fruit (Trays, salads or kabobs)
- Fruit Smoothies (made with frozen fruit no added sugar and fat free/low fat yogurt)
- Fresh Vegetable (Trays, salads or kabobs)
- Frosty Fruit (ie. Frozen grapes or bananas)
- Gogurt (frozen or chilled)
- Yogurt Parfaits (fat free/low fat yogurt, fruit and whole grain cereal or granola as topping)
- Yogurt Bar
- Fat Free or Low Fat Yogurt (alone or as a dip for fruits or vegetables)
- Dried Fruit with no added sugar
- Whole Grain Crackers
- Low Fat Cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Whole Grain Pretzels (soft or crunchy)
- Low fat or air popped Popcorn (no added butter or salt)
- Graham Crackers (ie. Teddy Grahams)
- Pizza (on whole grain crust with low fat cheese and lean protein or vegetable toppings)
- Tortilla Roll-ups (fill with lean protein such as ham or turkey, low fat cheese, hummus or vegetables)
- Sherbet Cup
- Rice Krispy Treats made with Whole Grain Cereal
- Nutrigrain Bars
- Whole Grain Chex Mix
- Whole Grain Cereal Bars
- Baked Whole Grain Tortilla Chips with salsa or bean dip
- Baked Chips (small portions)
- Smart Popcorn
- Water
- 100% Juice with no added sugar