

Schools must serve healthy foods at school parties:
classroom birthday or award celebrations

Here are some ideas for healthy snacks:

healthy snacks

milk

lowfat fruited yogurt

string cheese

instant pudding made with nonfat milk

frozen fruit bars

fresh fruit (peeled and cut up)

fruit juice

individual servings of applesauce or canned fruit

raisins

dried pineapple rings

cut-up vegetables with lowfat salad dressing

baby carrots

graham crackers

pretzels

dry cereal

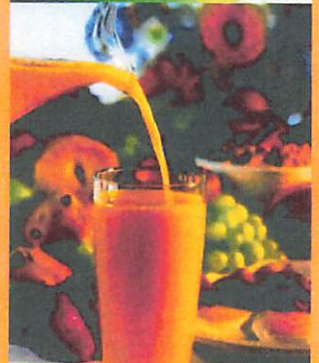
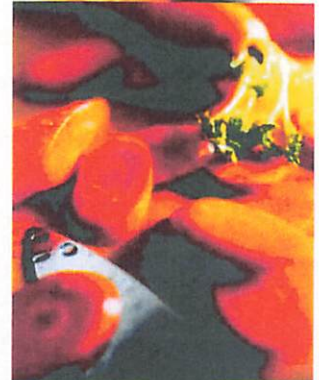
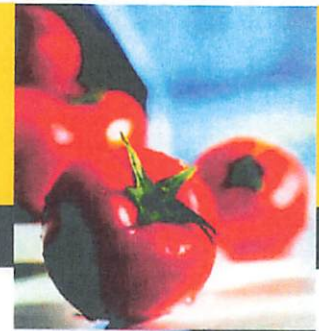
vanilla wafers

animal crackers

soft pretzels

chicken taco

half of a grilled cheese sandwich



Smart snacks product calculator

<https://foodplanner.healthiergeneration.org/calculator/>