

# Healthy Classroom Snacks Suggestions

## Beverages

- 4-6 oz 100 % fruit juice, no sugar added
- Milk, non-fat or low-fat
- Bottled water

## Whole Grain Low-fat Foods

Look for the first ingredient listed as “whole” grains such as “whole wheat flour.”

- Whole Grain Crackers
  - Ex: Whole Grain Goldfish, Wheat Thins, Triscuits
- Whole Grain Hard pretzels
- Whole Corn Baked tortilla chips
- Lightly sweetened whole grain cereals

## Fruits and Vegetables

- Whole fresh: Apples, Grapes, Raisins, Bananas, Oranges/Clementines, or Pears
- Carrots, Broccoli, Cauliflower, Celery, or Sugar Snap Peas
  - Offer with a low-fat vegetable dip or salad dressing
- 100 % Fruit leather
- 100 % Frozen fruit bars
- Fruit cups with minimal added sugar
  - Ex: Applesauce, Mandarin Oranges, Fruit Cocktail
- Hummus

## Additional Treats

- Low-fat yogurt
  - Ex: Go-gurt, frozen yogurt cups, Greek yogurt cups
- Plain fat-free popcorn
- Beef jerky
- Low-fat string cheese
- Sunflower seed spread

## Is your snack a Smart Snack?

If you have questions about a snack you would like to provide contact [smartsnacks@cfisd.net](mailto:smartsnacks@cfisd.net) and we will be happy to provide guidance and answer your questions.

## A note about allergies:

Many Cy-Fair ISD students have food allergies.

It is important not to single out any students with life-threatening food allergies.

When providing snacks for the classroom setting consider fruits and vegetables as they are the least allergenic foods.

The most sensitive food allergens are nut based items.

It is best to avoid peanuts and tree nuts in the classroom.