

88 Healthy Snacks

- ♥ Apple
- ♥ Carrot
- ♥ Pear
- ♥ Low-fat Yogurt
- ♥ Raw Broccoli
- ♥ Celery
- ♥ Bagel with Jam
- ♥ Low-fat Cottage Cheese & Fruit
- ♥ ½ Grapefruit
- ♥ Graham Cracker
- ♥ Air-popped Popcorn
- ♥ Fruit Salad
- ♥ Cantaloupe
- ♥ Honeydew Melon
- ♥ Baked Bagel Chips
- ♥ Veggie Pizza w/out Cheese
- ♥ Raw Veggies & Low-fat Dip
- ♥ Cucumber
- ♥ Unsweet Applesauce
- ♥ Raw Peas
- ♥ Dried Fruit
- ♥ Cooked Plantain
- ♥ Cherry Tomatoes
- ♥ ½ Lean Turkey Sandwich
- ♥ Gingersnaps
- ♥ Low-fat Mozzarella String Cheese
- ♥ Jicama
- ♥ Hummus & Toasted Pita Chips
- ♥ Baked Sweet Potato Strips
- ♥ Watermelon
- ♥ Non-fat Frozen Yogurt
- ♥ Frozen Grapes
- ♥ Granola Bar
- ♥ String Beans
- ♥ Frozen Fruit Bars
- ♥ Pretzels
- ♥ Cold Sugar-free Cereal & Skim Milk

- ♥ Low-fat Pita Chips
- ♥ Instant Oatmeal & Fresh Fruit
- ♥ Natural Peanut Butter on Celery
- ♥ Pizza Sauce on Whole Grain English Muffin
- ♥ Orange
- ♥ Apple Butter on Toast
- ♥ Bell Pepper Strips
- ♥ Banana
- ♥ Tomato Stuffed & Cooked Brown Rice
- ♥ Raisins
- ♥ Grapefruit Juice
- ♥ Plums
- ♥ Baked Potato Chips
- ♥ Fat-free Cookies
- ♥ Rice Cakes
- ♥ Toasted Pita Wedges & Low-fat Cheese
- ♥ Apple Juice
- ♥ Pasta & Veggie Salad With Olive Oil & Vinegar
- ♥ Grape Juice
- ♥ Ice Milk
- ♥ Walnuts (1 oz)
- ♥ Blueberries
- ♥ Non-fat Plain Yogurt & Fresh Berries
- ♥ Low-sodium Veggie Juice
- ♥ Cooked Squash Slices
- ♥ Pineapple Juice
- ♥ Raspberries
- ♥ Vanilla Wafers
- ♥ Tangerine
- ♥ Natural Fruit Juice & Seltzer
- ♥ English Muffin w/ Fruit Spread

- ♥ Low-fat Crackers w/ Low-fat Cheese
- ♥ Blackberries
- ♥ Whole Grain Breadsticks
- ♥ Raw Trail Mix (1oz)
- ♥ Green Salad w/ Low-fat Dressing
- ♥ Strawberries
- ♥ Baked Tortilla Chips & Salsa
- ♥ Baked Potato & Low-fat Cottage cheese
- ♥ Fruit Canned in its Own Juice
- ♥ Fruit Smoothie (Nonfat yogurt+fruit+ Skim milk)
- ♥ Rice Cake & Light Cream Cheese
- ♥ Cooked Asparagus Spears w/ Lemon
- ♥ Apple Slices Sprinkled w/ Cinnamon
- ♥ Animal Crackers
- ♥ Sugar-free Jell-O & Fat-free Cool Whip
- ♥ Oatmeal Raisin Cookies
- ♥ Fat-free Pudding
- ♥ Bean Dip & Veggies
- ♥ Zucchini, Pumpkin, or Banana Bread
- ♥ Potato Skins with Fat-free Sour Cream
- ♥ Soy nuts (3/4 cup)

PLEASE BE RESPECTFUL OF STUDENTS WITH FOOD ALLERGIES
BEFORE SENDING IN ANY FOOD!