

Snacks ideas for Elementary School

Here's a list of ideas that are easy and fit in the new snack guidelines. Snacks are a great time to offer foods that may otherwise be limited in your child's diet such as fruits, vegetables, dairy products and whole grains. You ultimately get to decide what to send for snacks, but it might be helpful to include your child in the process. You could give several options from this list and let your child decide. It is important to vary snacks throughout the week to make sure your child is eating a balanced diet.

Fruit and Vegetables: Nature's Original Convenience Food!

Fruit is naturally sweet, so most kids love it. Serve fruit whole, sliced, cut in half, cubed, or in wedges. The serving size for all is one piece of fruit or 1 cup of fresh sliced fruit.

Apples (it can be helpful to use an apple corer)	Mangoes
Apricots	Nectarines
Bananas	Oranges
Blackberries	Peaches
Blueberries	Pears
Cantaloupe	Pineapple
Cherries	Plums
Grapefruit	Raspberries
Grapes (red, green, or purple)	Strawberries
Honeydew Melon	Tangerines
Kiwis (cut in half and use a spoon to scoop and eat)	Watermelon
Mandarin Oranges	

Dried Fruit—Raisins, Craisins (dried cranberries), dried cherries, etc. (serving size: 2-4 tablespoons)

Applesauce (Unsweetened), Fruit Cups, and Canned Fruit – These have a long shelf life and are low-cost, easy, and count towards one serving of fruit. Look for fruits canned in juice or light syrup. Avoid fruit canned in heavy syrup. Also look for fruit or applesauce without added sugars—adding cinnamon to unsweetened applesauce can make it more tasty. The serving size is ½ cup canned fruit or applesauce.

Examples of unsweetened applesauce include Mott's Natural Style and Mott's Healthy Harvest line.

Vegetables - can be served alone or with hummus or salsa for dipping. We ask that you do not send peanut butter, but you could send other nut butters such as almond or sunflower to dip with vegetables such as celery:

Broccoli	Peppers (green, red, or yellow bell in slices)
Carrot Sticks or Baby Carrots	Snap or Snow Peas
Cauliflower	String Beans
Celery Sticks	Tomato Slices or Grape or Cherry tomatoes
Cucumber slices	Yellow Summer Squash or Zucchini slices

Dairy - choose low fat or non fat dairy sources and have 20-30% DV (daily value) for Calcium. Calcium is important for healthy bones and teeth.

Skim or 1% milk (serving size: 8 oz)

Reduced fat or part skim cheese; string cheese, cheese sticks (serving size: 1.5 oz or less)

Low fat or fat free yogurt (less than 30 grams of total sugar per 8 oz serving)

1% or fat free cottage cheese (serving size: ½ cup)

Grains—choose whole grains most often.

Whole wheat crackers such as Triscuits (serving size: 6 crackers)

Whole wheat cereals such as Frosted Mini Wheats (serving: 12 biscuits), all types of Cheerios, Wheaties (serving: 1 cup)

Graham Crackers including Teddy Grahams and Graham Sticks (serving size: 2 sheets or 1 handful)

Goldfish Crackers

Nature Valley granola bars (not peanut butter)

Quaker Chewy granola bars (not peanut butter)

Zoo Animal Crackers (serving size: 1 oz or 13 crackers)