



Hamilton's Healthy Snack List

The children are given the opportunity to eat a healthy snack during the school day. Please try to send in an easily eaten, **healthy** snack each day. Often teachers are reading to or with the children during snack, so try to send in a snack that your child can manage by himself. Please do not send in candy for snack.

Here are some healthy, quick snack ideas:

- apple slices
- peeled orange slices
- cut up watermelon chunks
- strawberries
- blueberries
- bananas
- white grapes
- red grapes
- baby carrots/dip
- celery/dip/peanut butter
- kiwi slices
- **healthy mini-Ritz crackers**
- **graham crackers**
- **pretzel sticks/mini pretzels**
- low fat string cheese
- **plain air popped or microwave popcorn**
- "snack pack" size
peaches/pears/mixed fruit
- applesauce
- **goldfish crackers**
- **mini-wheat cereal (in a baggie)**
- dried fruit (raisins, banana chips, cranberries)
- **whole grain crackers**
- low fat cheese cubes
- low fat baked tortilla chips and salsa
- rice cakes
- **animal crackers**
- angel food cake
- oatmeal raisin cookies
- **fig newtons/fig bars**
- low fat fruit or grain muffin
- low fat pudding, sugar free pudding (snack pack size)
- jello, sugar free jello (snack pack size)
- low fat yogurt (snack pack size)

The snacks in **bold print** are approved to send in for the class to have on hand to share in case someone forgets a snack.