








Food and Beverage List for Snacks and Parties

Listed below are suggestions of healthy food options which would be appropriate under the district's wellness policy. The items below may be included but are not limited to the following:

FRUITS 	VEGETABLES 	DAIRY 	GRAINS 
Any Fresh Fruits	Any Vegetable Sticks	Cheese Sticks, Slices, Cubes	Granola Bars (nut free)
Fruit Salad	Any Vegetable Slices	Cottage Cheese	Pretzels
Canned Fruit		Low Fat Cream Cheese	Graham Crackers
Raisins		Yogurt	Bread Sticks with Marinara/Cheese Sauce
Dried Apricots			Trail mix (nut free)
Fruit Smoothies			Goldfish Crackers
			Cheerios
BEVERAGES 	PROTEIN 	OTHER 	Cheese Nips
100% Fruit Juice	Chicken Slices	Jell-o	Reduced Fat Crackers
Water (non-flavored, non-sweetened, non-carbonated)	Turkey Slices	Sherbet	Animal Crackers
	Ham Slices	Frozen Fruit Pops	Fig Bars
		Pasta Salad	Small or Mini Muffins
		Pudding Cups	
		Ice Cream Cups	