

## 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:

| <b>FRUITS</b><br>      | <b>VEGETABLES</b><br> | <b>DAIRY</b><br>   | <b>GRAINS</b><br> |
|---|--|--|--|
| 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   |
|   |  |  | Cheese Nips  |
| <b>BEVERAGES</b><br> | <b>PROTEIN</b><br>  | <b>OTHER</b><br> |  |
| 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   |  |