

# 88 Healthy Snacks

- Apple
- Carrot
- Pear
- Low-fat Yogurt
- Raw Broccoli
- Celery
- Bagel with Jam
- Low-fat Cottage Cheese & Fruit
- 1/2 Grapefruit
- Graham Cracker
- Air-Popped Popcorn
- Fruit Salad
- Cantaloupe
- Honeydew Melon
- Baked Bagel Chips
- Veggie Pizza w/o Cheese
- Raw Veggies & Low-fat Dip
- Cucumber
- Unsweetened Applesauce
- Raw Peas
- Dried Fruit
- Cooked Plantain
- Cherry Tomatoes
- 1/2 Lean Turkey Sandwich
- Gingersnaps
- Low-fat Mozzarella String Cheese
- 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 w/ 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 w/ 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 Smoothies (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!**