



Healthy Snack Options For Students

Beverages	Grab & Go Snacks	
Water	Fresh Fruit: Apples, Oranges, Clementines, Grapes, Bananas	
100% Fruit Juice	Raisins or dried fruit mix	Pretzels or Soft Pretzels
Vegetable Juice	Fruit snacks made with fruit	Mini bagels/ Low fat cream cheese
Low-Fat or Fat-Free Milk	Prepackaged natural applesauce	Low-fat crackers
Low-Fat or Fat-Free Flavored Milk	Individual canned fruit (light syrup)	Low-fat popcorn
Sports Drinks such as Gatorade or PowerAde	Trail Mix	Graham Crackers
Rice cakes	Yogurt or Pudding	Frozen Juice bars
	Hard boiled eggs	Cheese Sticks or other low fat cheeses
	Low Sugar cereals	Veggies and low-fat dip