



Healthy Snacks for Growing Minds

The healthy snack suggestions below are intended to help parents select foods to promote good eating habits. It is not intended to support any individual company. The products were chosen based on the fat, saturated fat and whole fruit and vegetable content.

Snack Crackers & Cookies

Pepperidge Farms Baked Goldfish Crackers Animal Crackers Whole Grain PB & J Crackers
Teddy Grahams Whole Grain Fig Newtons Pretzels Graham Crackers Vanilla Wafers

Fruit & Vegetable Snacks

Stretch Island Fruit Co. All Natural Fruit Strips Meijer's Natural Fruit Bites or Spirals
(other brands of fruit roll-up are acceptable but contain additional corn syrup sweeteners)

Whole fresh fruits and vegetables are encouraged such as apples, bananas and orange slices.
Many stores offer individually packed fruit and vegetable snack packs with ranch dressing or caramel dipping sauce.
Dried fruit such as raisins, apple slices, mango and bananas are acceptable snack items.

Cereal Bars

Lucky Charms, Honey Nut Crunch & Cinnamon Toast Crunch Bars Nut & Granola Mix Nutri- Grain Bars
Oatmeal On the Go Bars Chewy Granola Bars Yogurt Granola Bars (25% Less Sugar) Rice Krispy Treats
(Chocolate and Peanut Butter coated cereal and granola bars are not recommended)

Nuts & Trail Mixes

Emerald Breakfast On the Go Nut & Granola Mix Planters NUT-trition Packages
(Please check with your teacher regarding fellow students who may have peanut and/or tree nut allergies)

Beverages

Apple & Eve Fruitables Minute Maid 100% Juice V8 V-Fusion Juicy-Juice Fruitfuls
Capri Sun 100% Juice Super V Juice Pouches Flavored Milk made with skim or 1% milk
(Check with the teachers for refrigerator options)

May items are available in individuals packages to share with students for birthdays and other celebrations

FORT WAYNE COMMUNITY SCHOOLS

