

Bits and Bytes: Acceptable Snack List

Foods being provided for the entire class should be packaged in portions at home and delivered to school ready to serve.



- Low-fat/nonfat plain or flavored milk
- 100% juice
- water
- flavored/sparkling water
(w/o added sugars or sweeteners)
- sparkling punch (seltzer and 100% fruit juice)
- fruit smoothies (blend berries, bananas and pineapple)
- fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping, dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Vegetable trays with low-fat dip
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers or animal crackers
- Angel food cake, plain or topped with fruit
- Bagel slices, fruit or grain muffin (low fat), whole wheat English muffin, hot pretzels
- Pizza with low-fat toppings
- Ham, cheese or turkey sandwiches or wraps with low-fat condiments
- Low-fat pudding, low-fat yogurt with cereal or granola
- Quesadillas or bean burrito with salsa
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low sugar cereals mixed with dried fruit, pretzels, etc.)