

# Healthy Snack Ideas

**\* Please send an individual healthy snack for your child each day. \***

Healthy foods fuel the brain, and support your child's learning. Snacks must be ready to eat, with no peeling, cutting, or spreading required. Portion sizes must be small enough that they can finish their snack within about 5 minutes. (This is a quick snack, NOT a lunch.)

**Because of allergies, we are a NUT FREE classroom! Please do not send in snacks that have nuts of any kind in them!**

- Healthy baked good (banana bread, pumpkin bread, zucchini bread, etc.)
- Cut up fruit of any kind (Fruit requiring peeling must be peeled and sectioned - except bananas.)
- Wheat crackers, animal crackers, goldfish, Ritz
- Apple sauce cup and spoon or Go-Go Squeeze
- 100% fruit snacks, fruit bar, fruit leather, or dried fruit
- Mini bagel with cream cheese
- Lunch meat and cheese roll up
- String cheese
- Graham crackers
- Yogurt and spoon or Gogurt
- Granola bar
- Pretzels, popcorn
- Jerky
- Cut up veggies and dip



Thanks for your help!

Mrs. Kim ☺