

Healthy Snack & Beverage Ideas

Ensure food allergies of any students are known before serving any food item.

Beverages	Fruits/Veggies	Whole grains	Proteins
Water	Fresh fruit –trays, Salads or kabobs	Whole grain crackers, pretzels or cereal bars	Fat-free or low fat yogurt-serve alone or with fruits or veggies
100% fruit juice No added sugar	Fresh vegetables – trays, salads or kabobs	Small whole grain bagels or waffles or pancakes topped with fruit	Low-fat cheese- serve with fruit or whole grain crackers
Fat-free or low fat milk	Canned fruit or fruit cups in water, 100% fruit juice or light syrup	Low-fat or air popped popcorn, no added butter or salt	Hummus – serve with vegetables or whole grain crackers
Fruit smoothies Made with frozen fruit with no added sugar and fat free or low fat yogurt	Frozen fruits- freeze your own fruit, frozen grapes make a great summer treat	Graham crackers	
100% fruit juice slushes with no added sugar	Dried fruit with no added sugar	Baked whole grain tortilla chips with salsa or bean dip	
Silly Water – Add fruit and herbs to water			

Adapted from the Alliance for a Healthier Generation website.