

HEALTHY SNACKS

Breakfast bars
Mini rice cakes
Non-sugar coated cereal
Mini bagels
Bagels with cream cheese
Pretzels
Whole grain bread sticks
Mini muffins
Unbuttered popcorn
Granola mix and bars
Low fat quick breads (pumpkin/zucchini/banana/bran)
Blueberry muffins
Graham crackers / Teddy Grahams
Fig Newtons
Snack crackers (Gold Fish/ Cheez its)
Fresh fruit or dried fruit (grapes / raisins / bananas / apples / strawberries / pears)
Individual fruit cups
Individual applesauce
Apple slices with peanut butter
Mini carrots
Cut up raw vegetables
Whole wheat tortillas
Beef jerky
Sunflower or pumpkin seeds
Trail mix
Peanut butter and celery or crackers
Hummus and pita bread
Mixed nuts
Chunk cheese
String cheese
Cheese sticks / slices
Low fat yogurt
Gogurt
Sugar free jello
Chex mix
Animal crackers

Some foods that will not be allowed include:

No drinks except water
cookies
cupcakes
cake
pudding
chips
candy / candy bars
donuts
caramel popcorn
cheese popcorn
gum