



HEALTHY SCHOOL SNACK LIST

Here is an easy and healthy school snack list with over 20 ideas to send with your child, nut-free included.

- Banana muffins**
- Watermelon slices and mini gouda wheels**
- Carrot Sticks, hummus, and pita chips**
- Unsweetened applesauce cups and natural fruit roll ups/fruit leather**
- Yogurt tubes and nut free granola**
- Bananas and whole wheat Goldfish crackers**
- Trail Mix**
- Raisins and cheese sticks**
- Pre-made mini cheese cracker sandwiches with cherry tomatoes**
- Nut-free, if necessary, granola bars**
- Clementine oranges or Mandarin oranges and whole wheat pretzels**
- Cottage cheese cups and apple chips**
- Simple kid friendly guacamole and plantain chips**
- Diced cantaloupe and cream cheese fruit dip**
- Ham and cheese pinwheels**
- Celery pieces filled with cream cheese**
- Mild salsa and tortilla chips**
- Frozen chocolate banana slices**
- Butterfly bags**
- Peaches in an individual cup and no hull popcorn**
- Trader Joe's letter cookies and blueberries**
- Apple slices and whole wheat crackers**
- Strawberries and mini brown rice cakes**