

Shared by FVSD Food Services Department
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Healthy Grain Snack Ideas

- Whole-grain crackers with cheese or peanut butter
- Whole-grain cereal with milk
- Flavored rice cakes with peanut butter
- Baked potato chips or tortilla chips with salsa
- Low-fat microwave Popcorn
- Pretzel sticks and a glass of milk
- Vanilla wafers, gingersnaps, graham crackers, animal crackers, fig bar or raisins, and a glass of milk



Healthy Fruit and Veggie Snack Ideas

Raw vegetables with low-fat yogurt, cottage cheese or humus

- Baby Carrots
- Celery Sticks
- Cucumber Slices
- Apples and cheese - pears and other fruits are good too!
- Celery with peanut butter or cream cheese and raisins
- Frozen fruit bars
- Trail mix with nuts and dried fruit
- 100% Fruit Juice box

Did you know that our kitchens serve fresh fruit, 50% Romaine salad and carrots with lunch 4 days a week? Check us out!