

HEALTHIER CLASSROOM SNACK AND PARTY IDEAS THAT MEET THE JMCSS STUDENT WELLNESS INITIATIVE

Fresh Fruit such as:

Apples
Pears
Strawberries
Watermelon
Peaches
Bananas
Cantaloupe
Orange Slices
Pineapple
Kiwi
Mango
Fruit Trays
Fruit Salad
Dole's Fruit Bowls
Grapes (can be a choking hazard for young children)
Fruit Smoothies

Vegetables such as:

Raw vegetable trays w/Low-fat Dip
Carrot Sticks
Celery Sticks
Cauliflower
Broccoli
Red Pepper
Green Bell Pepper
Green Salad w/Low-Fat Dressing

Dried Fruits such as:

Raisins
Craisins
Fruit Bits
Apples
Peaches
Pineapple

Baked Chips such as:

Cheez-it Scrabble Jr.
Baked Cheetos
Baked Doritos
Baked Lay's
Sunchips
Cheetos Fantastix
Baked Tostito's

Cereal Party Mix without nuts such as:

Chex Mix Hot-n-Spicy
Simply Chex

Crackers/Graham Cracker Snacks such as:

Giant Goldfish Grahams
Bug Bites Graham Crackers
Scooby Doo Graham Sticks
Belly Bears (Choco. Grahams, Cinnamon Grahams, Honey Grahams)
Fig Newton's Staufer Animal Crackers
Goldfish Crackers
Crackers w/Humus dip
Mini Cheese Nips

Cheeses such as:

Mozzarella String Cheese
Low-fat Cheeses

Ice Cream, Frozen Desserts (Misc.) such as:

Low-fat Ice Cream Cups
Luigi's Sherbet Cups
Yogurt Fruit Smoothies
Yogurt Parfait
Fruit Juice Popsicles

Miscellaneous Items such as:

Mini Cupcakes (not full size)
Low-fat Puddings
Low-fat Muffins
Low-fat Granola
Popcorn
Rice Cakes
Pretzels
Almonds (unless there is an allergy)
Cashews (unless there is an allergy)
Sunflow Seeds
Pumpkin Seeds
Fruit Crisps
Fruit Roll-ups
Rice Krispy's Treats
Turkey, Chicken, or Beef Jerky
100 Calorie Packs such as
Kraft Chips Ahoy Thin Crisps
Oreo Thins

Beverages Allowed

100% Fruit Juice
Capri Sun 100% Fruit Juice
Water (flavored or plain)
Low-fat Milk (flavored) or White
Reduced Calorie Drinks and Sports Drinks such as
Powerade Zero
Gatorade G2
Sugar-free Kool-Aid
Crystal Light