

Student Wellness  
Suggested Snack List



Low Fat Milk

Water

Fresh Fruit

Fruit with whipped topping

Vegetable Trays

Cheese Cubes

String Cheese

Pretzels

Low Fat Popcorn

Graham Crackers

Animal Crackers

Angel Food Cake, plain or topped with fruit

Fig Newtons

Low Fat Pudding

Dried Fruit

Pizza with low fat toppings(veggies/lean ham)

Pizza Dippers

Ham,cheese or turkey sandwiches

Low Fat Yogurt(Great Value Light/Trix/Yumsters)

Yogurt Smoothies

Low Fat breakfast/granola bars

Quesadilla with Salsa

Trail/Cereal Mix

Nuts/Seeds

Frozen Fruit Bars

Rice Cakes

V-8 Juice

Baked Chips/Tortilla

Cereal and Yogurt Parfaits

Bagel with low fat cream cheese