



Healthy Classroom Snacks

The School District of Wisconsin Rapids believes that a healthy, well-nourished, and active student is better prepared to learn. Parents/guardians and school staff are partners in helping achieve this goal for all our students. Providing healthy classroom snacks is one way we can help assure that students are receiving nutritious choices at school. When providing food for school snacks, birthday treats, or parties, please make choices from the recommended list below. Portion sizes for snacks should be small; less than 150 calories per serving is suggested.

- Raw vegetable tray served with a low fat dip or dressing.
- Fresh fruits or 100% fruit juices
- Dried fruit, raisins or fruit cups
- Crackers/ Breads - Teddy Grahams, graham crackers, Triscuits, wheat crackers, Goldfish, saltines, Rye Krisp, bread sticks, pretzels, vanilla wafers, animal crackers, small bagels, low fat popcorn, Chex or party mix, rice cakes. Recommended serving size is about 1 oz.
- Trail or Cereal Mixes (without candy)-Avoid nuts if any students in class have a nut allergy
- Low fat pudding cups
- Low-fat ice cream, frozen yogurt, and sherbet
- Granola or Breakfast Bars
- Low Fat Yogurt, Go-Gurt, or YoJ
- String Cheese, cheese slices or natural cheese cubes (Colby, cheddar, etc.) - 1 oz. serving
- Muffins / Quick Breads - small low fat muffins or low fat quick breads made with fruits, pumpkin, zucchini or bran.
- Ready-To-Eat Cereals (look for lower sugar options)
- Low fat meat and cheese trays or sandwiches
- Original (unfrosted) Rice Krispie Treats

For Birthday Treats:

In addition to the above list, other ideas include angel food or sponge cake, mini cupcakes, and baked corn chips with salsa or low fat dip. Students also enjoy "non-food" birthday treats such as pencils, stickers, etc. in place of food.

