

A to Z Snack List

A Apples, Apricots
B Banana*, Bean Dip*, Blueberry Bagels*
C Cantaloupe*, Carrots*, Celery, Cheese+, Cucumbers
D Dried Cereal, Dried Fruit Chips
E Eggs
F Fig Cookies*, Frozen Fruit Bar, Fruit Kabobs
G Graham Crackers*, Granola Bars, Grapes*
H Honeydew Melon, Hot Chocolate+
I Ice Cream+
J Juices (100% juice)*, Jell-O with fruit
K Kiwi Fruit, Krispy Rice Treats*
L Low-fat Pudding*
M Milk+, Muffins+
N Nectarine, Nuts
O Orange Wedges*, Oatmeal

P Pasta, Peaches, Pita Bread, Pretzels*
Q Quick Carrot Sticks*
R Raisins, Rice Cakes (any flavor)*
S Strawberries*, Salsa Dip*, Smoothie (with fruit)
T Tortillas with filling, Trail Mix*
U Unbuttered Popcorn*
V Vanilla Wafers*, Vegetables*
W Watermelon
X eXciting Fruits and Vegetables*
Y Yogurt
Z Zesty Crackers*, Zucchini Slices

*Easy party snacks for school

+Use low-fat versions

Disclaimer: Some items on this list may not be creditable for the USDA Child Nutrition Programs