

Russellville Independent Schools

Healthy Snacks

Healthy classroom snacks are a great idea. This is a way that children get a chance to try new foods that they may not have tried before.

When bringing food to the classroom, choose healthy snacks. Here are some examples of some nutritious snack choices.

Nutritious Snack Ideas

Beverages

100% fruit juice

Low-fat milk(1% or less) flavored or plain

Water

Dairy

Cheese cubes

Go-Gurt/Yogurt

Low-fat String cheese

Fruits

Apples slices

Bananas

Blueberries

Cantaloupe

Craisins

Grapes

Kiwi

Mandarin oranges

Peaches

Pears

Pineapple

Raisins

Strawberries

Watermelon

Grains

Animal Crackers
Baked tortilla chips
Cereal- reduced sugar
Graham crackers
Goldfish crackers
Popcorn
Whole grain crackers

Vegetables

Baby Carrots
Broccoli
Carrot sticks
Cauliflower
Celery sticks
Cherry tomatoes
Cucumber slices
Pepper rings/sticks (red, green,yellow)
Salsa