

## WAUSAU SCHOOL DISTRICT

### Healthy Snack Options for Students

Healthy snacks allow students to perform and learn at their best. Please know that some students in our District have severe peanut and/or tree nut\* allergies. Therefore, please do not send snacks that contain peanuts or tree nuts. Read labels carefully before choosing a snack. Listed below are some healthy options:

- ✓ **Fruits and Vegetables:** The majority of the snacks served to students should be fruits and/or vegetables because they are loaded with vitamins, minerals, and fiber.
  - **Apples**
  - **Bananas**
  - **Pears**
  - **Melons**
  - **Grapes**
  - **Strawberries**
  - **Blueberries**
  - **Oranges**
  - **Pineapple**
  - **100% Fruit Juice Bars or 100% Fruit Juice Boxes**
  - **Dried fruits – apricots, raisins, raisins, pineapple, apples, mangos, papaya, figs**
  - **Carrots**
  - **Cucumbers**
  - **Celery Sticks w/Hummus**
  - **Green Peppers**
  - **Tomatoes**
  - **Jicama**
  - **Sugar Snap Peas**
  - **Fresh Salsa or Hummus with Whole Grain Corn Chips**
  - **Canned or cupped fruits packed in juice**
  
- ✓ **Low-Fat Dairy Products:** To help with bone development consider:
  - **String Cheese**
  - **Cheese Cubes**
  - **Yogurt in a cup or tube**
  - **Low-Fat Pudding Cups**
  - **Frozen Yogurt Bars**
  - **Hard Boiled Eggs**
  
- ✓ **Healthy Whole Grains:** For energy and vitamins and minerals choose:
  - **Light Popcorn**
  - **Rice Cakes**
  - **Whole grain tortilla chips**
  - **Whole grain crackers**
  - **Animal Crackers**
  - **Vanilla Wafers**
  - **Whole Grain Low Sugar Cereal**
  - **Whole Grain breakfast cereals**
  - **Whole Grain bagels or English muffins**
  - **Fruit Grain Bars (No granola bars because of the potential for nuts to be in the product).**
  - **Whole Grain Fig Cookies**
  - **Pretzels, Soft and Hard**
  - **Baked Whole Grain Chips**
  - **Low Fat Cheese Crackers**
  - **Graham Crackers**
  - **Whole Grain Hard or Soft Pretzels**

This is a suggested list of healthy snacks. There are other choices available. Please be sure to read labels and check for nutritional value.

\*Tree-nuts include almonds, Brazil nuts, cashews, macadamias, pecans, pistachios, and walnut.