

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.