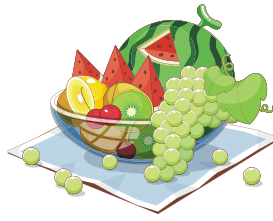


## Recommended Healthy Ideas for Classroom Snacks & Parties



- Low-fat milk/flavored milk
- 100% Juice
- Water/flavored water
- Fresh fruit assortment
- Fruit and cheese kabobs
- Fruit with whipped topping
- 100% fruit snacks
- Vegetable trays
- Cheese- cubes, string
- Pretzels
- Low-fat popcorn
- Graham crackers
- Fig Newtons
- Animal crackers
- Reduced fat/ baked chips
- Reduced fat muffins
- Angel food cake-plain or topped with fruit
- Low-fat pudding
- Low-fat frozen desserts (*e.g.* yogurt, ice cream, sherbet, juice bars)
- Yogurt smoothies
- Yogurt parfaits/ banana splits
- Low-fat breakfast or granola bars
- Trail/cereal mixes
- Nuts, seeds
- Pizza with low fat toppings (veggie, lean ham, Canadian bacon)
- Ham, cheese, or turkey sandwiches (with low-fat condiments)
- Quesadillas with salsa
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For more information contact Memphis City Schools Division of Nutrition Services at (901) 416-5550.

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