

Healthy Snack Suggestions

West Noble Wellness Committee

- String Cheese (low fat)
- Yogurt (low fat)
- Pudding (low fat)
- Cereal
- Cheese Cubes (low fat)
- Tortillas with spread
- Crackers
- Muffins
- Bagel and Cream Cheese (low fat)
- Fruit Juice
- Frozen Juice Pops
- Fresh, Dried or Frozen Fruit
- Fruit Smoothies
- Applesauce
- “100 Calorie” packs
- Raw Vegetables and Dip
- Pretzels
- Popcorn
- Trail Mix (be cautious about peanut allergies)
- Chex Mix
- Granola Bars