

**Suggested Healthy Snacks**  
**(We have 30 students in our class)**

- Vegetables such as carrots, celery, broccoli
- Fruits such as strawberries, cantaloupe, oranges, grapes, apples, pears,
- Pretzels
- Graham Crackers
- Crackers
- Bagels and cream cheese
- Snack-sized fruit cups
- Raisins or fruit leather
- Granola or granola bars
- Dry cereal (not sugar cereals)
- Goldfish crackers
- Rice cakes
- Jerky
- Tortilla chips & salsa
- Tortillas
- Whole wheat bread with butter or jam

**\*Please DO NOT send peanut butter as part of snack. Ms. Marleen has a peanut allergy. Granola bars with nuts in them are fine because they are easy to maintain and don't spread all over things like peanut butter does. This makes it easier for Ms. Marleen to make sure she does not get any on her hands.**

**Please! No candy, soda-pop, chips/Cheetos, or red drinks (to prevent stains).**

**Please! No foods that need microwaved or refrigerated at this point for snacks.**

*Thank you for understanding our commitment to healthy minds  
and bodies!*

