



Healthy Recess Ideas



Baked Chips

- Baked Doritos
- Baked Lays BBQ
- Baked Lays Original
- Baked Ruffles Cheddar & Sour Cream

Beverages

- White Milk
- Chocolate Milk
- Bottled Water
- 100% Fruit Juice
- 100% Vegetable Juice

Cheese Strings or Individually Wrapped Cheese Portions (made from skim milk)

Fruit & Vegetables

- Bananas, Apples, Grapes, Watermelon, etc.
- Fruit Cups (in light syrup or juice)
- Fruit To Go Bars & Squiggles (no sugar added)
- Raisin Packs
- Unsweetened Applesauce or Fruit Puree Cups
- Vegetables & Low Fat Dip

Granola Bars (not dipped in chocolate or yogurt)

- Kellogg's Nutrigrain Bars
- Nature Valley Trail Mix Bars
- PC Cereal Bars
- PC Rich & Chewy Granola Bars
- Quaker Chewy Granola Bars (except for Fruit Crumble bars)
- Quaker Oatmeal To Go Cereal Bars

Popcorn (low fat)

Pudding Cups (milk must be the first ingredient)

Snack Bags

- All Bran Snack Bites
- Animal Crackers
- Nutrigrain Munchems
- Thinsations (Oreo and Chips Ahoy Cookies)

Yogurt

- Mini Go & Petite Danone
- Yogurt Cups (Silhouette, Source, etc.)
- Yogurt Drinks and Smoothies
- Yogurt Tubes (try these frozen)

Please consider allergies when selecting snacks



Food & Beverages Not Recommended

- Energy Drinks (ex. Red Bull)
- Fruit Punches, Cocktails & Blends (ex. Kool-Aid Jammers)
- Soft Drinks
- Sports Drinks (ex. Gatorade)
- Dipped Granola Bars & Chocolate Bars
- Fruit Snacks & Candy (ex. Fruit Roll Ups, Fruit By The Foot, Welsh's Fruit Snacks)
- Potato Chips