

SUGGESTIONS FOR SCHOOL SNACKS

Activity Tips

Check with your school to see if children in the classroom have special food requirements or food allergies.

Consider portion sizes.

Wash hands prior to handling, serving, and eating food.

Serve foods with fun plates, napkins, cups, or straws.

**Refrigerated items must maintain a temperature of 45°F or below prior to serving.
Frozen items must be maintained at a temperature of 32°F or below prior to serving.**

Beverages

- Fruit Juices
- Vegetable Juices
- Milk (plain, flavored)
- Water



Fruits and Vegetables

- Fruit (fresh, frozen, canned, or dried)
- Fresh Vegetables with dip

Grain Foods

- Bagel
- Cereal Bar
- Granola Bar
- Pretzels (packaged or hot)
- Animal Crackers
- Graham Crackers
- Whole Grain Crackers
- Baked Tortilla Chips with Salsa
- Fruit or Grain Muffin
- Dry Cereal (individual servings)
- Fig Bars
- Vanilla Wafers
- Baked Chips
- Rice Cake – Flavored
- Bread Sticks



Additional Treats

- Ice Cream
- Yogurt
- Cup Cake
- Cookie
- Fruit Grain Bars
- Frozen Fruit Bars
- Cheese Cubes
- Cheese Stick
- String Cheese
- Cottage Cheese
- Pudding

For **additional information**, contact the Office of Food and Nutrition Services at 410-222-5900 or check out our website at www.aacps.org.