HEALTHY SNACK LIST

A healthy school snack consists of a balance of protein and fiber. Healthy snacking can help students keep their energy up throughout the school day and provide fuel for learning.

FRUIT

Fresh
- Apples
- Applesauce
- Clementine
- Oranges
- Nectarines
- Peaches
- Grapes
- Strawberries
- Blueberries
- Raspberries
- Blackberries

Suggested pairings: Fruit yogurt dip, low-fat caramel dip.

Dried
- Sun-Maid Raisins
- Sunsweet Raisins
- Ocean Spray Cranberries
- Nature’s Promise Cranberries
- Brothers Peach Crisps
- Brothers Pineapple Crisps
- Brothers Asian Pear Crisps
- Brothers Strawberry/Banana Crisps
- Sunsweet Prunes
- Mariani Cherries
- Made in Nature Apricots
- Made in Nature Apples
- Stretch Island Fruit Co. Fruit Leathers
  - Apricot
  - Cherry
  - Mixed Berry
  - Apple
  - Grape
  - Raspberry
  - Strawberry

VEGETABLES

- Carrot sticks
- Celery
- Cucumber
- Grape tomatoes
- Cherry tomatoes
- Peppers
- Snap peas
- Broccoli florets
- Cauliflower florets

Suggested pairings: Hummus, low-fat salad dressing, Greek yogurt vegetable dip.

DAIRY

- Greek Yogurt
  - Chobani Non Fat Greek Yogurt (all varieties)
  - Oikos NonFat Greek Yogurt (all varieties)
  - Yoplait Greek Yogurt (all varieties)

NUTS

- Emerald Almonds Natural – 100 Calorie Packs
- Emerald Cashews Whole (160 calories)
- Emerald Walnuts & Almonds Natural – 100 Calories Packs
- Planters Peanuts Dry Roasted (160 calories)
- Wonderful Pistachios Roasted Salted in Shell (170 calories)

WHOLE GRAINS

Snack Bars
- Nutrigrain Cereal Bars
  - Apple
  - Blueberry
  - Strawberry
- Nature Valley Bar
  - Chewy Trail Mix
- Kashi Soft Baked Cereal Bar
  - Cherry Vanilla
  - Ripe Strawberry
  - Honey Almond Flax
  - Peanut Peanut Butter
- General Mills Fiber One Chewy Bar
- Kellogg’s Special K Cereal Bar

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Baked Cheetos
Baked Naturals Cracker Chips - Simply Multigrain
Baked Regular Potato Crisps
Baked Regular Ruffles Brand Potato Chips
Baked Tostitos Original Bite Popchips
» Parmesan Garlic
» Sweet Potato
» Sea Salt and Vinegar
» BBQ
» Sour Cream and Onion
» Original
Snack Factory Pretzel Crisps (all varieties)
GeniSoy Soy Crisps – Deep Sea Salted
Quaker Rice Cakes

Crackers
Elf Grahams Original Graham Snacks
Elf Grahams Chocolate Chip Graham Snacks
Goldfish Crackers Whole Grain
Cheddar Cheese
Honey Maid Graham Crackers
Honey Maid Cinnamon Graham Crackers
Zoo Animal Crackers

Cookies
Otis Spunkmeyer Low-Fat Wild Blueberry Muffin
Otis Spunkmeyer Sweet Discovery Reduced Fat Chocolate Chip Cookie
Fig Newtons
Teddy Grahams
» Honey
» Cinnamon
» Chocolate
» Chocolatey Chip
Pepperidge Farm Soft Baked Cookies
Oatmeal Raisin
Nilla Wafers (Reduced Fat)

Dips
Oasis Lentil Dip
Marzetti Caramel Dip
» Fat Free
» Old Fashioned Guacamole
» Sabra Hummus
» Athenos Hummus (all varieties)
» Sabra Hummus (all varieties)
» Marzetti Otria Hummus Veggie Dip
» Tribe Hummus (all varieties)
Salsa
» Amy’s Salsa
» Chi-Chi’s Salsa
» Desert Pepper Salsa
» Frontera Salsa
» La Preferida Salsa
» La Victoria Salsa
» Nature’s Promise Salsa
» Newman’s Own Salsa

For more information please contact:
studentwellness@cps.edu
773-553-1873

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