



— AN INITIATIVE OF HEALTHY CPS —

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

Chips

Athenos Pita Chips (Whole Wheat)
Skinny Pop Popcorn (Snack Size)
Doritos (Reduced Fat) Cool Ranch

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 Greet 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

*Any reference to name brands included in this document is strictly an example for the convenience of teachers, staff and parents/guardians in choosing approved foods and beverages for students. Such references are not an endorsement or suggestion of Chicago Public Schools.

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

» Blueberry
» Strawberry
» Vanilla Crisp

Cookies

Otis Spunkmeyer Low-Fat Wild
Blueberry Muffin
Otis Spunkmeyer Sweet Discovery
Reduced Fat Chocolate Chip Cookie
Fig Newtons
Teddy Graham's
» 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:

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