



**Lauderdale County  
Coordinated School Health**

**Healthy Snack Ideas for School/Classroom Parties**

**Beverages**

Low fat milk

100% Juice/ juice boxes

Water/ flavored water

**Food**

Fresh Fruit Assortment

Fruit and Cheese Kabobs

Fruit w/Whipped Topping

100% Fruit Snacks

Vegetable Trays

Cheese Cubes / String Cheese

Pretzels

Low Fat Popcorn

Graham Crackers

Animal Crackers

Fig Newtons

Angel Food Cake (plain or w/ fruit

Ham, Cheese or Turkey Sandwiches (with low fat condiments)

Low Fat Puddings

Low Fat Yogurt

Yogurt Smoothies

Yogurt Parfaits

Ready to Eat Cereals (low sugar / whole grain)

Low Fat Breakfast Bars / Whole Grain Fruit Bars

Frozen Fruit Juice Bars

Trail Mixes