

The School District of Palm Beach County

School Food Service Department

~ Healthy FCAT Snack Items ~

♥ Fruits ~ fresh, dried, canned

- Apples, Bananas, Orange Slices, Grapes, Blueberries, Plums, etc.
- Peaches, Pears, Mixed Fruit, Applesauce, Pineapple, etc.
 - Peanut butter for dipping

♥ Vegetables

- Baby Carrots, Celery Sticks, Broccoli, Cucumber Slices, etc.
 - Dressing or hummus for dipping

♥ Dry Cereal ~ bowl packs

- Crispix
- Frosted Mini Wheats
- Raisin Bran

♥ Oatmeal

♥ Cheese Sticks

- Cheddar Cheese
- Mozzarella

♥ Yogurt

- 4-ounce container - Choose light or lowfat *plain yogurt* or *Greek yogurt*

♥ Milk

- 8-ounce portions- Choose skim or lowfat

♥ Juice

- 4-6-ounce containers - 100% fruit juice

♥ Grains/Crackers

- Goldfish, Graham Crackers, Peanut Butter or Cheese Crackers, Wheat Thins
- Popcorn
- Pretzels
- Granola Bars

♥ Mini Muffins ~ Assorted

♥ Bagels and Whole Wheat Toast

- Topped with Cream Cheese or Peanut Butter

♥ Trail Mix

♥ ½ Sandwiches

- Peanut Butter
- Turkey or Ham and Cheese