

Texas Department of Agriculture
Food and Nutrition Division
Suggestions for Nutritious Snacks

Beverages

Fruit juices
Fruit smoothies
Milk, non-fat or low-fat, plain or flavored
Approved sparkling or plain water

Low-fat Grain Foods

Mini-bagel bread sticks	Animal crackers
Graham crackers	Soft pretzel, plain or flavored
English muffin	Pretzels
Mini rice cakes, flavored	Low-fat sports bars
Fig Newtons	Baked tortilla chips with salsa
Low-fat fruit or grain muffin (3 oz)	Vanilla wafers
Dry cereal, individual servings	

Fresh Fruits and Vegetables

In-season, fresh fruit
Carrots, broccoli, cauliflower with low-fat dip or salad dressing

Additional Treats

100% fruit snacks	Fruit bars
Frozen low-fat yogurt	Frozen fruit bars
Low-fat pudding, plain or as a parfait	Fat free popcorn
Yogurt splits (yogurt, banana with toppings) or parfaits	Beef jerky – 95% fat free
Low-fat sandwich cookies (chocolate or vanilla)	Peanut butter and crackers
	Low-fat string cheese
	Fruit, nut and/or grain trail mixes

Entrée Suggestions for School Parties

Salads made with pasta, meat, and/or vegetables	Bean burrito
Pasta with marinara sauce	Grilled or baked vegetable or cheese quesadilla
Pizza bagels (or English muffins)	Sub sandwiches
Baked potato with vegetable or chili topping	Tortilla wraps filled with meat and/or vegetables

Additional Items Not Restricted by Foods of Minimal Nutritional Value Policy

Ice cream	Cookies
Candy containing chocolate and/or nuts	Cupcakes
Chips	Cakes
Dips	Non-carbonated beverages including punch, lemonade, Kool-Aid

Non-Food Reward Ideas

Pencils	Stars
Stickers	Certificates
Coupons for extra computer time, free time, reading time, etc.	Rulers
	Movie coupons