

# LCS Healthy Snacks!



- Fresh, dried, or frozen fruit!
- Frozen fruit or juice bar
- Smoothies (frozen fruit, no added sugar)
- Canned fruit in juice or in water
- Fruit leathers (no added sugar)
- Squeezable 100% fruit
- Fresh vegetables – cut up with healthy ranch dressing or hummus



- Trail mix – dried fruit, nuts, whole grain cereal or popcorn
- Whole grain crackers, Triscuits, Wheat Thins, Multi-seed Crunchmasters
- Whole grain cereals (Cheerios)



- Low fat baked whole grain tortilla chips, blue corn chips – with salsa, low-fat bean dip or hummus
- Popcorn
- Low fat yogurt
- Low fat string cheese
- Squeezable low fat yogurt or yogurt and fruit blends



## BEVERAGES

- Water!
- 100% fruit juice (no sugar added)
- 1% or skim milk
- Infused water (berries, mint, orange or lemon slices)

