

**We would like to continue to see healthy snacks provided for our students at all levels. Below you will find the district recommendations for classroom parties, celebrations, birthdays, reward programs, concessions, fund raisers, etc.:**

## *BENTON COMMUNITY SCHOOLS SNACK-WISE INFORMATION*

One of our goals is to encourage parents, staff, and students to pick healthier snacks. Below is a list of recommend snacks that we ask that you consider when providing morning or afternoon snacks at the elementary centers, for classroom parties, or other activities involving food that take place on the school campus:

Popcorn or pretzels  
Snack size pudding or yogurt  
Fresh, canned or dried fruit  
Celery sticks with low fat cream cheese  
Frozen grapes, banana slices or popsicles made from 100% juice  
Fruit sandwich  
Whole-grain cheese and crackers  
Baby carrots with low fat dip or hummus  
Trail mix (no nuts please)  
Cheese slices or string cheese  
Baked chips  
Mini fruit muffins  
Fruit w/ cottage cheese  
Bagels w/ low fat cream cheese  
100% fruit juices  
Pre-packed low calorie single serving snacks

Rice cakes  
Tortilla w/refried beans, cheese,  
Lettuce, salsa  
Pita sandwich w/ tuna  
Mini pizzas made with muffin or pita  
Vegetable or noodle soup  
Baked potatoes with yogurt & cheese  
Low sugar cereal or cereal bars  
Ginger snaps or fig bars  
Graham Crackers  
Hard boiled eggs  
Animal crackers  
Beef jerky  
Low fat smoothies  
Low fat flavored milk  
Water or flavored water