Healthy Snack/Lunch Recommendations

Serving healthy snacks and lunches to children is important in maintaining good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity.

Below is a list of healthy snack and lunch choices ISM recommends:

**Fruit**
- Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Grapefruit, Grapes, Honeydew Melon, Kiwis, Mandarin Oranges, Mangoes, Nectarines, Oranges, Peaches, Pears, Pineapple, Plums, Raspberries, Starfruit, Strawberries, & Tangerines

**Vegetables**
- Broccoli, Carrots, Cauliflower, Celery Sticks, Cucumber, Edamame, Jicama, Peppers, Snap Peas, Snow Peas, String Beans, Tomatos, Yellow Summer Squash Slices, & Zucchini Slices

**Low-Fat Dips**
- Low-fat salad dressings, Light dips, Bean dips, Guacamole, Hummus, Salsa, & Peanut Butter

**Whole Wheat/Whole Grain**
- English Muffins, Pita Bread or Chips, Tortillas, Low-Sugar Breakfast Cereals, Crackers, Rice Cakes, Low-Fat Popcorn, Baked Tortilla Chips, Low-Fat Granola Bars, Low-Fat Cereal Bars, Pretzels, Breadsticks, & Flatbreads

**Low-Fat Dairy Foods**
- Yogurt, Cottage Cheese & Low-Fat Cheese

**Other foods**
- Nuts- A small handful of nuts is a reasonable serving size
- Trail Mix- Low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries
- Luncheon Meat- Choose lower-fat, reduced-sodium brands

**Healthy Beverages**
- Water, Sparkling Water, Club Soda, Seltzer, Plain Milk, Soy Milk, Rice Drinks, 100% Fruit Juice

Foods to avoid or limit:
- Canned fruits packed in Syrup
- Dips high in fat and/or sugar
- Any deep fried foods such as French fries & potato chips
- Cookies & cakes

Foods that are not allowed at school:
- Sodas, energy drinks, candy