

Healthy Party Snacks

- * Pretzels
- * Fruit smoothies
- * Trail mix or cereal mix
- * Ants on a Log (Spread peanut butter* onto celery "logs" and top with raisins "ants")
- * Animal or graham crackers
- * Roasted pumpkin seeds*
- * Whole wheat fig bars
- * Bagel slices with peanut butter* or jam
- * Individual packages of raisins
- * Fruit and cheese kabobs
- * Fruit cups (packed in 100% fruit juice)
- * Vegetable trays with lowfat dip
- * Granola Bars
- * Baked tortilla chips and salsa
- * Dried fruit (apricots, cranberries, plums)
- * Whole-grain crackers with cheese cubes, string cheese, or hummus
- * Applesauce cups with no added sugar
- * Seasonal fresh fruit or fruit salad Ham, turkey, or veggie wraps
- * Low-fat pudding
- * Yogurt parfaits or banana splits
- * Low-fat yogurt
- * Air-popped or light microwave popcorn

**Some children have severe peanut and/or tree nut allergies.*

Before you bring in foods that have nuts, please check with your child's teacher.

