



# Meridian Public Charter School

## Classroom Healthy Snack List Options

**\*Nut Free Options Only\***

**\*Items should be provided in its original package and purchased in individual quantities.\***

Grains/Meat	Fruit/Vegetables and Dairy	Juice, Water and Milk
100 calorie packs	Boxed raisins	100% Juice Capri Suns
Brown rice cakes	Assorted fruit cups	Water with juice
Fig cookies	Apple slices packets	Low-fat or Fat-free Milk
Graham crackers	Lite yogurt cups	Soy Milk
Dry Cereals: Cheerios, Multi-grain cheerios	Apple sauce cups	Water
Baked corn chips	Sugar-free pudding cups	
Baked sun dried chips	100% fruit snacks	
Baked tortilla chips	Cheese: string cheese (low-fat or reduced-fat)	
Pretzels	Salsa cups	
Chex snack mix	Lite cream cheese packets	
Popcorn (non-butter flavor)	Carrot sticks	
Triscuit thin crisp chips	Celery sticks	
Cheez It Chips		
Goldfish		
Gingerbread cookies		
Cereal Bars		
Bagels		
Pita chips		
Animal crackers		
Puffed snacks		
Muffins		
Beef Jerky (not spicy)		