

Cuero ISD Healthy Snack Suggestions

Snack time serves to satisfy the nutritional needs of children as well as reinforce food and nutrition lessons from the health curriculum. Please keep this in mind when selecting snacks and treats for your child to consume in the classroom. Some classmates may have life threatening allergies to peanuts and peanut butter. Please keep this in mind when preparing your child's snack.

These are adopted from the USDA Smart Snack guidelines:

Each snack should be less than 200 calories. Each snack should be portioned into individual serving size. Check the label Sodium should be less than 230 mg. Less than 35% of the calories should come from fat or sugar. No Trans-fat content. Whole grain should be listed first on items from the grain group.

Healthy suggestions include:

Fruit- grapes, berries, apple, orange, mandarins, pears, bananas

Vegetables - carrots, celery sticks, broccoli, cherry tomatoes, pepper strips, cucumber, cauliflower, zucchini

Animal crackers, Bagel (half), Breadstick

Cereal- Low sugar, whole grain dry breakfast cereal

Cheese Crackers, Deli meat folded into rolls or cut in squares, English Muffin, Flour tortilla with cream cheese, Fruit grain bars, Graham crackers, Goldfish, Granola bar, Muffin- low fat fruit or whole grain crackers, Pita, Popcorn, Pretzels, Raisins or other dried fruit, Rice cakes, Sandwich half or squares, String cheese, low fat Trail mix, Waffle (whole grain) with fruit spread, high protein snacks, beef jerky.

WATER IS THE ONLY BEVERAGE ALLOWED DURING SNACK TIME.