



St. Louis Academy

Healthy Snack List

In accordance with the guidelines in our school's Wellness Policy, the following list includes acceptable snacks that can be sent with your child for the school day. Please seek approval from your child's classroom teacher if you send items not on this list for snack time.

Fruits and Veggies

Apple slices
Banana
Cutie oranges (mandarin)
Pear slices
Grapes
Strawberries
Blueberries
Kiwis
Carrot and celery sticks with hummus
Dried fruit or fruit leather
Cherry tomatoes and mozzarella
English muffin with jam
Bell pepper slices with guacamole
Pickle spears
Melon wedges
Applesauce
Pineapple Pieces

Send with an Ice Pack

String Cheese
Yogurt
Boiled eggs
Turkey and cheese roll-ups
Tortilla and cheese roll-up
Sliced cheese and crackers

From the Pantry

Pretzels
Goldfish or Ritz Crackers
Rice cakes
Graham crackers
Air-popped popcorn
Peanut butter crackers
Yogurt pretzels
Granola bar
Banana or zucchini bread slices

*All snacks should be consumed in a 10-minute time-frame. Please do not send anything that needs to be put in a refrigerator. All students may bring a water bottle that fully closes to keep at their desk. Carbonated beverages and chips are not acceptable snack items.