



Saint Wendel Catholic School

Healthy Snack & Treat List

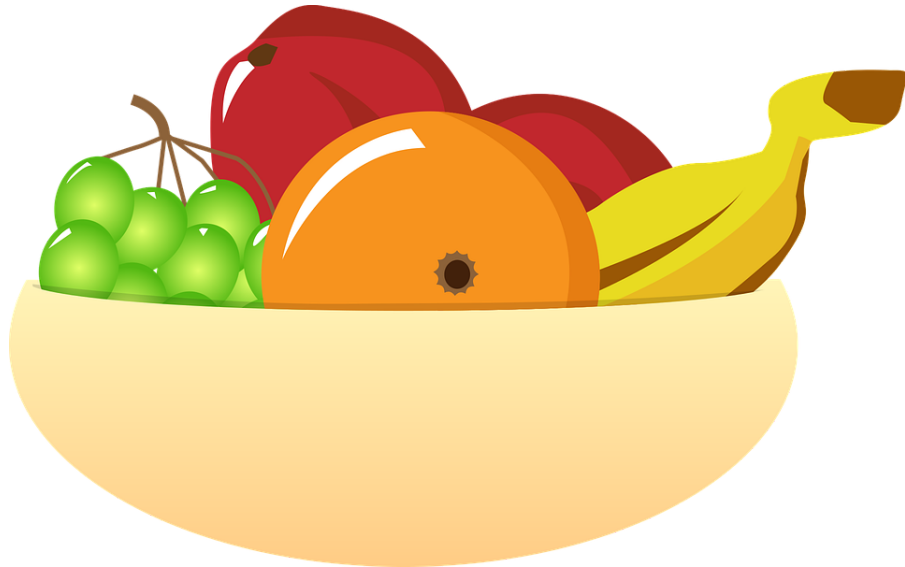
2018-2019

The following snacks are those that can be served at classroom parties (including birthday parties), morning snack time, and school celebrations:

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|------------------------------|---------------------------|
| Pretzels | Low-Fat Fruit Dips |
| Fresh Vegetables of any kind | 100% Juice |
| Fresh Fruit of any kind | Water |
| Whole Wheat Crackers | 2% Milk & Flavored Milk |
| Yogurt | Frozen Yogurt Pops |
| Granola Bars | Dried Fruits & Vegetables |
| Raisins | Popcorn |
| Whole Wheat Cereal | Sugar-Free Jell-O |
| Animal Crackers | String Cheese |
| Graham Crackers | Cheeses made from 2% Milk |
| Peanut Butter | Whole Bran Muffins |
| Pudding Cups | Fish Crackers |
| Fruit Cups | Teddy Grahams |
| Low-Fat Vegetable Dips | Fruit Roll-Ups |
| Gummy Fruit Snacks | |

If you prefer not to send food items for birthday treats, the following items can be sent as a treat or in a treat bag:

- Stickers
- Pens/Pencils
- Markers
- Erasers
- Trading Cards
- Bookmarks
- Jump Rope
- Puzzles
- Coloring Books
- Play Dough
- Books
- Bracelets
- Yo-yos
- Stuffed Animals



*** Suggestions are encouraged for other “healthy” snacks.

Please contact Mrs. Scheu at: hscheu@evdio.org with any suggestions.

The suggested item(s) will then be discussed at the Wellness Committee meetings. ***