



# Saint Wendel Catholic School

## Healthy Snack & Treat List

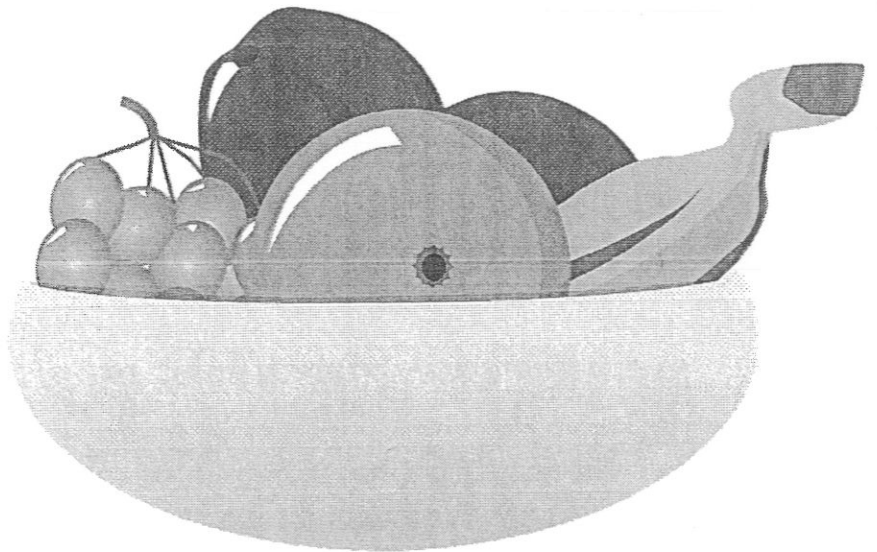
The following snacks are those that can be served at classroom parties (including birthday parties), morning snack time, and school celebrations:

Pretzels  
Fresh Vegetables of any kind  
Fresh Fruit of any kind  
Whole Wheat Crackers  
Yogurt  
Granola Bars  
Raisins  
Whole Wheat Cereal  
Animal Crackers  
Graham Crackers  
Peanut Butter  
Pudding Cups  
Fruit Cups  
Low-Fat Vegetable Dips  
Gummy Fruit Snacks

Low-Fat Fruit Dips  
100% Juice  
Water  
2% Milk & Flavored Milk  
Frozen Yogurt Pops  
Dried Fruits & Vegetables  
Popcorn  
Sugar-Free Jell-O  
String Cheese  
Cheeses made from 2% Milk  
Whole Bran Muffins  
Fish Crackers  
Teddy Grahams  
Fruit Roll-Ups

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](mailto:hscheu@evdio.org) with any suggestions.

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