



Healthy Snack Options

- Fresh Fruits (no fruit cups)
- Fresh Veggies
- Dried Fruits
- Squeezable Fruit Tubes
- Nabisco Teddy Grahams
- Plain Rold Gold Pretzels
- Tostitos Oven Baked Scoops!
- Ruffles Oven Baked Original Crisps

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/browse_products/?product_category_id=720

<http://www.fns.usda.gov/school-meals/smart-snacks-school>

"Food impacts how well a child's brain works, affecting their moods and abilities... In a child's brain junk food can cause neurotransmitters, which pass along information, to function improperly. Smart foods, however, allow information to be processed correctly and help the child function at their optimal level." _Dr. Sears, one of America's most renowned pediatricians and author of over 40 books