

Food & Nutrition Services: Healthy Snack Menu

All snacks listed below fit within the district's Local Wellness Policy guidelines which correspond with the Dietary Guidelines for Americans and USDA "HealthierUS Challenge" Nutrition Standards.

Platters – Pricing listed per platter. Each platter will serve 20-25 people

Fresh Fruit Platter – \$20.00

Includes: seasonal fresh fruit; exotic fruit can be requested for an additional cost

Examples: Orange Slices, grapes, strawberries, cantaloupe slice, honeydew slice, watermelon chunks, pineapple chunks, kiwifruit

Platter example: 1 Cantaloupe cut in pieces, 2 pounds grapes and 10 sliced oranges

Fresh Vegetable Platter – \$20.00

Choose up to three of the following: Broccoli florets, cauliflower florets, baby carrots, zucchini, yellow squash, cucumber slices, grape tomatoes, celery matchsticks

**Can include low-fat ranch dressing for an additional cost of: \$1.50 per bottle

Individual Healthy Snacks

Whole Fruit – Seasonal – Pricing listed per fruit

- Banana \$0.25
- Red Apple \$0.25
- Green Apple \$0.25
- Plum Call for pricing
- Pear Call for pricing
- Orange \$0.25
- Tangerine Call for pricing
- Peach Call for pricing
- Nectarine Call for pricing

Cracker/Grains – Pricing listed per single item

- Wheat Thins, 100 calorie single serve bag \$0.30
- Baked Goldfish Cheddar Crackers, 0.75 ounce bag \$0.20
- Animal Cracker, Keebler brand, 1 ounce bag \$0.20
- Honey Graham Crackers, Nabisco brand, 1 bag \$0.20
- Goldfish Giant Graham Cracker, 1 bag \$0.20
- Nature Valley, Honey Oat Granola Bar, 0.74 ounce \$0.25

Dairy Products – Pricing listed per single item

- String Cheese \$0.20
- 1% Milk Carton \$0.50
- Skim Milk Carton \$0.50
- Yogurt - 4 ounce \$0.30

Themed Party Offerings

Yogurt Parfait Party – \$0.75 per child

Each student gets a 4 ounce fat free yogurt cup, fresh fruit, homemade granola, cup and silverware to combine to create their own yogurt parfait! Delightfully delicious!!

"Wrap" Party – \$0.90 per child

Each student is given $\frac{1}{2}$ tortilla wrap, turkey, reduced-fat cheese, lettuce, tomato, mustard or reduced calorie mayonnaise packet and a plate to create their own "wrap".

Cereal Party – \$0.75 per child

Each child will receive a cereal bowl with low-fat or fat-free milk and a spoon

Cereal: Cheerios, Honey Nut Cheerios, Kix, Honey Nut Chex, Reduced Sugar Cinnamon Toast Crunch, Golden Grahams

We Feed The Future



Food & Nutrition Services

Please place the snack order two weeks in advance to ensure product availability.

For further information, please contact the school's Food & Nutrition Manager!

