



— AN INITIATIVE OF HEALTHY CPS —

HEALTHY SNACK LIST

A healthy school snack consists of a balance of protein and fiber. Healthy snacking can help students keep their energy up throughout the school day and provide fuel for learning.

FRUIT

Fresh

Apples
Applesauce
Clementine
Oranges
Nectarines
Peaches
Grapes
Strawberries
Blueberries
Raspberries
Blackberries

Suggested pairings: Fruit yogurt dip, low-fat caramel dip.

Dried

Sun-Maid Raisins
Sunsweet Raisins
Ocean Spray Cranberries
Nature's Promise Cranberries
Brothers Peach Crisps
Brothers Pineapple Crisps
Brothers Asian Pear Crisps
Brothers Strawberry/Banana Crisps
Sunsweet Prunes
Mariani Cherries
Made in Nature Apricots
Made in Nature Apples
Stretch Island Fruit Co. Fruit Leathers
» Apricot
» Cherry
» Mixed Berry
» Apple
» Grape
» Raspberry
» Strawberry

VEGETABLES

Carrot sticks
Celery
Cucumber
Grape tomatoes
Cherry tomatoes
Peppers
Snap peas
Broccoli florets
Cauliflower florets

Suggested pairings: Hummus, low-fat salad dressing, Greek yogurt vegetable dip.

DAIRY

Greek Yogurt
» Chobani Non Fat Greek Yogurt (all varieties)
» Oikos NonFat Greet Yogurt (all varieties)
» Yoplait Greek Yogurt (all varieties)

NUTS

Emerald Almonds Natural – 100 Calorie Packs
Emerald Cashews Whole (160 calories)
Emerald Walnuts & Almonds Natural – 100 Calories Packs
Planters Peanuts Dry Roasted (160 calories)
Wonderful Pistachios Roasted Salted in Shell (170 calories)

WHOLE GRAINS

Snack Bars

Nutrigrain Cereal Bars
» Apple
» Blueberry
» Strawberry
Nature Valley Bar
» Chewy Trail Mix
Kashi Soft Baked Cereal Bar
» Cherry Vanilla
» Ripe Strawberry
» Honey Almond Flax
» Peanut Peanut Butter
General Mills Fiber One Chewy Bar
Kellogg's Special K Cereal Bar
» Blueberry
» Strawberry
» Vanilla Crisp

Chips

Athenos Pita Chips (Whole Wheat)
Skinny Pop Popcorn (Snack Size)
Baked Cheetos
Baked Naturals Cracker Chips -
Simply Multigrain
Baked Regular Potato Crisps
Baked Regular Ruffles Brand Potato
Chips
Baked Tostitos Original Bite
Popchips
» Parmesan Garlic
» Sweet Potato
» Sea Salt and Vinegar
» BBQ
» Sour Cream and Onion
» Original
Snack Factory Pretzel Crisps
(all varieties)
GeniSoy Soy Crisps – Deep Sea Salted
Quaker Rice Cakes

Crackers

Elf Graham's Original Graham Snacks
Elf Graham's Chocolate Chip Graham
Snacks
Goldfish Crackers Whole Grain
Cheddar Cheese
Honey Maid Graham Crackers
Honey Maid Cinnamon Graham
Crackers
Zoo Animal Crackers

Cookies

Otis Spunkmeyer Low-Fat Wild
Blueberry Muffin
Otis Spunkmeyer Sweet Discovery
Reduced Fat Chocolate Chip Cookie
Fig Newtons
Teddy Grahams
» Honey
» Cinnamon
» Chocolate
» Chocolatey Chip
Pepperidge Farm Soft Baked Cookies
Oatmeal Raisin
Nilla Wafers (Reduced Fat)

Dips

Oasis Lentil Dip
Marzetti Caramel Dip
» Fat Free
» Old Fashioned
Guacamole
» Sabra
Hummus
» Athenos Hummus (all varieties)
» Sabra Hummus (all varieties)
» Marzetti Otria Hummus Veggie Dip
» Tribe Hummus (all varieties)
Salsa
» Amy's Salsa
» Chi-Chi's Salsa
» Desert Pepper Salsa
» Frontera Salsa
» La Preferida Salsa
» La Victoria Salsa
» Nature's Promise Salsa
» Newman's Own Salsa



*Any reference to name brands included in this document is strictly an example for the convenience of teachers, staff and parents/guardians in choosing approved foods and beverages for students. Such references are not an endorsement or suggestion of Chicago Public Schools.

*Per CPS guidelines reformulated cereals and snack products are prohibited.

For more information please contact:

studentwellness@cps.edu

773-553-1873

Made possible by a grant from the Centers for Disease Control and Prevention (CDC) (Grant Number: 1H75DP004181-01) to the Chicago Public Schools (CPS) Office of Student Health and Wellness, Healthy CPS. The views expressed in this publication do not necessarily reflect the views, opinions and official policies of CDC.



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LISTA DE MERIENDAS SALUDABLES

Una merienda saludable consiste en proteínas y fibra. Una merienda saludable puede ayudar a los estudiantes a mantener su energía durante todo el día escolar. Esta lista ofrece ejemplos de meriendas saludables aceptables en acuerdo con la póliza de nutrición para la escuela y los estudiantes.

FRUTA

Fresca

Manzanas
Puré de manzana
Clementina
Naranjas
Nectarinas
Meloctones
Uvas
Fresas
Arándanos (Blueberry)
Frambuesas
Moras

Combinaciones sugeridas: frutas con yogur, frutas con dip de caramelo "low fat"

FRUTA

Seca

Pasas de las compañías:
» Sun-Maid
» Sunsweet
Arándanos (Cranberries) de las compañías:
» Ocean Spray
» Nature's Promise
Brothers Peach Crisps
Brothers Pineapple Crisps
Brothers Asian Pear Crisps
Brothers Strawberry/Banana Crisps
Ciruelas pasas de la compañía Sunsweet
Cerezas de la compañía Mariani
Albaricoque seco de la compañía Made in Nature
Manzana seca de la compañía Made in Nature
"Stretch Island Fruit Co. Fruit Leathers"
» Albaricoque
» Cereza
» Manzana
» Uva
» Frambuesa
» Fresa

VERDURA

Zanahorias
Apio
Pepino
Tomates
Pimientos / Chile morrón
Brócoli
Coliflor

Combinaciones sugeridas: Verduras de hummus, verduras con yogur griego.

LACTEOS

Yogur griego de las compañías
» Chobani "Non Fat"
» Oikos "NonFat"
» Yoplait

NUECES

Almendras (paquete de 100 calorías) de la compañía Emerald
Anacardo de la compañía Emerald
Nueces de la compañía Emerald (paquetes de 100 calorías)
Cacahuates de la compañía Planters
Pistachos de la compañía Wonderful

GRANOS ENTEROS

Barras de granola

"Nutrigrain Cereal Bars" en los sabores:
» Manzana
» Arándano
» Fresa
"Nature Valley Bar" en el sabor:
» Chewy Trail Mix
Kashi Soft Baked Cereal Bar
» Cereza y vainilla
» Fresa
» Crema de cacahuete
"General Mills Fiber One Chewy Bar"
"Kellogg's Special K Cereal Bar"

Papitas

Chips de pan pita de la compañía Athenos (granos enteros)
Palomitas de la compañía Skinny Pop
Cheetos al horno
"Potato chips" al horno
"Ruffles Potato Chips" al horno
Baked Tostitos Original Bite
"Popchips" en sabores:
» Parmesan Garlic
» Sweet Potato
» Sea Salt and Vinegar
» BBQ
» Sour Cream and Onion
» Original
Galletas saladas de la compañía Snack Factory
Pastel de arroz de la compañía Quaker

Galletas

"Graham crackers" de la compañía Elf Grahams
"Graham crackers" de la compañía Honey Maid
"Goldfish Crackers" Granos enteros
"Fig Newtons"
"Teddy Grahams" de las variedades:
» Miel
» Canela
» Chocolate
» "Chocolatey Chip"
"Pepperidge Farm Soft Baked" Cookies
» Avena con pasas
"Nilla Wafers" (grasa reducida)

Dips

Dip de caramel de la compañía Marzetti en la variedades:
» Fat Free
» Old Fashioned
Guacamole
Hummus de las compañías:
» Athenos Hummus
» Sabra Hummus
» Marzetti Otria Hummus Veggie Dip
» Tribe Hummus
Salsa de las compañías:
» Amy's Salsa
» Chi-Chi's Salsa
» Desert Pepper Salsa
» Frontera Salsa
» La Preferida Salsa
» La Victoria Salsa
» Nature's Promise Salsa
» Newman's Own Salsa



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*La póliza de CPS prohíbe cereales reformulados y productos de aperitivo.

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