



## **Our Lady of the Presentation**

### **HEALTHY SNACKS LIST**

**NUTRI GRAIN BREAKFAST BARS**  
**MINI RICE CAKES**  
**NON-SUGAR COATED CEREAL (No Peanut Butter Cereal)**  
**MINI BAGELS**  
**BAGELS WITH CREAM CHESE**  
**PRETZELS (Rold Gold Brand is nut free)**  
**WHOLE GRAIN BREADSTICKS**  
**MINI MUFFINS**  
**UNBUTTERED POPCORN**  
**LOW FAT QUICK BREADS (PUMPKIN, ZUCCHINI, BANANA –NO NUT, BRAN)**  
**GRAHAM CRACKERS/TEDDY GRAHAMS**  
**FIG NEWTONS**  
**SNACK CRACKERS (GOLDFISH, CHEEZITS)**  
**FRESH OR DRIED FRUIT**  
**FRUIT CUPS**  
**APPLESAUCE**  
**BABY CARROTS, RAW VEGETABLES**  
**WHOLE WHEAT TORTILLAS**  
**BEEF JERKY**  
**CHUNK OR STRING CHEESE, SLICES**  
**LOW FAT YOGURT**  
**ANIMAL CRACKERS**  
**HUMMUS & PITA BREAD**

### **FOOD NOT ALLOWED**

**NUTS**  
**DRINKS OTHER THAN WATER**  
**CUPCAKES**  
**CAKES**  
**COOKIES**  
**PUDDING**  
**CHIPS**  
**CANDY/CANDY BARS**  
**DONUTS**  
**CARAMEL/CHEESE POPCORN**  
**GUM**