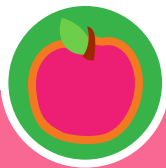




YPSILANTI
COMMUNITY SCHOOLS

YPSILANTI COMMUNITY SCHOOLS APPROVED SNACK LIST

*Please check labels for allergens.



FRUIT

(whole or chopped as age appropriate)

Fresh:

Apple, orange, clementine, banana, pear, mango slices, watermelon slices, grapes, kiwi slices, nectarine, plum, peach

Dried:

Raisins, prunes, figs, dates

Other:

Apple sauce, fruit cups

VEGETABLES

(Whole or chopped as age appropriate)

Fresh:

Carrots, cucumbers, snap peas, broccoli, cauliflower, red pepper, tomato, celery, zucchini slices, edamame

Dried:

Veggie straws, veggie chips

Other:

Pickles



REDUCED OR LOW-FAT DAIRY

Yogurt

Cheese sticks

Real cheese

Cottage cheese

WHOLE GRAIN FOODS

(Look for "whole grain" or "whole wheat" in the ingredients list)

Plain crackers

Goldfish type crackers

Popcorn

Graham crackers

Pretzels

Mini-bagel

Animal crackers

Granola bar



DIPS & SPREADS

Hummus

Veggie marinara

Black bean dip

Yogurt dip

Sunflower seed

Butter

Soy butter

Salad dressing



COMBO SNACKS

Veggie or Fruit wrap – whole grain tortilla, fruit or vegetables, cream cheese)

Yogurt and fruit parfait

Celery sticks with sunflower seed butter and raisins

Whole grain cereal

Shelled sunflower seeds

Dried fruit snack mix

Whole grain crackers with cheese

Black bean and corn with salsa

THIS LIST MEETS THE USDA SMART SNACKS IN SCHOOLS STANDARDS

CRISPY, CHEWY, SWEET OR TART. WHAT'S YOUR FAVORITE HEALTHY SNACK? TELL US ONLINE! #YCSWELLNESS



COORDINATOR OF WELLNESS & COMMUNITY RELATIONS:
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