

# Classroom Treats 100 Calories or Less

The following list of snacks and treats has been compiled to help support the Area School nutrition policy and healthier choices.

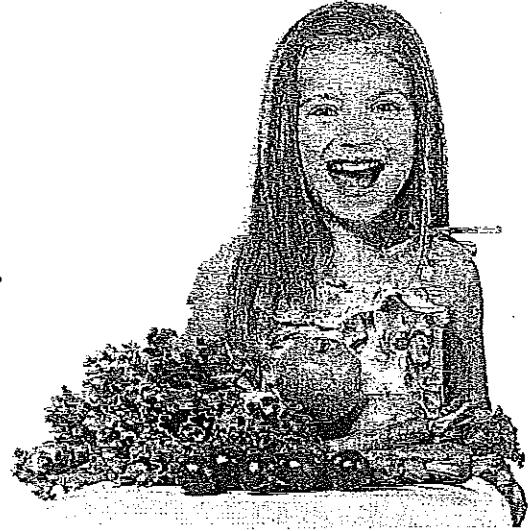
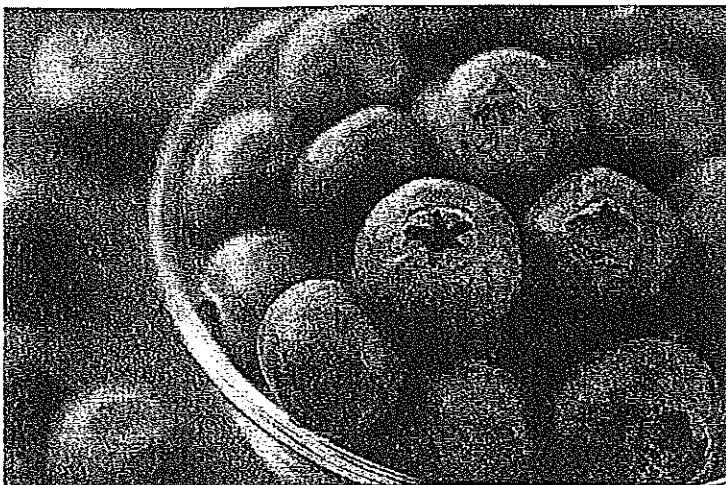
## Fruit

Apples, Bananas Grapes  
Fruit Salad  
Berries

## Vegetables

Carrots, Celery, Broccoli,  
Cauliflower

Whole-grain crackers  
Low-fat cheese  
Graham crackers  
Low-fat yogurt



Baked tortilla chips and salsa  
Whole-grain muffins or bagels  
Jello cups  
Knox Blocks  
Fat free pudding cups  
Popcorn  
Trail Mix/Chex Mix  
(no chocolate - no peanuts)  
Fruit snack packs

## Non-edible choices

Games to play  
Stickers  
Pencils