

Healthy Snacks For the Classroom

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Typical Birthday Snack		
		\$18.35
24 Cupcakes \$12.98	30 CapriSuns \$5.32	

These cupcakes and drinks are an example of a typical classroom snack. Look below to find fourteen **CHEAPER** and **HEALTHIER** options for your child's classroom snacks!

Whole Wheat Crackers and Cheese		
		\$11.00
Whole Wheat Crackers (Family Size) \$3.99	String Cheese (Large Bag) \$6.99	



Whole Grain Cereal and Low-Fat Milk				
				\$16.83
Whole Grain Cereal \$2.39 (x 3 boxes)= \$7.17	Fat-Free or Low Fat Milk (2 Gallon) \$2.99 (x 2 Containers)= \$5.98	Paper Bowls \$2.69	Plastic Spoons \$0.99	




Rice or Popcorn Cakes and Raisins

 Rice or Popcorn Cakes (Large Bag)	 Raisins (Large Container)	\$12.00
\$1.99 (x 2 Bags) = \$4.00	\$3.99 (x 2 Containers) = \$8.00	

Whole Wheat Fig Bars with Low-Fat Milk

 Whole Wheat Fig Bars	 Fat-Free or Low Fat Milk (2 Gallon)	 Plastic Cups	\$13.38
\$2.00 (x 2 Bags) = \$4.00	\$2.99 (x 2 Containers) = \$5.98	\$3.40	

Bag of Apples with Low-Fat Milk

 Apples (Large Bag)	 Low Fat Vanilla Yogurt (Large Container)	 Plates	\$14.37
\$2.50 (x 2 Bags) = \$5.00	\$2.69 (x 2 Containers) = \$5.38	\$3.99	



Pretzels and Dried Apricots

 Pretzels (Large Bag)	 Dried Apricots	\$10.00
\$2.49 (x 2 Bags) = \$5.00	\$2.50 (x 2 Containers) = \$5.00	

Graham Crackers with Low-Fat Milk

			\$12.88
Graham Crackers	Fat-Free or Low Fat Milk (2 Gallons)	Plastic Cups	
$\$1.75 \times 2 \text{ Boxes} = \3.50	$\$2.99 \times 2 \text{ Containers} = \5.98	$\$3.40$	


Granola Bars with Low-Fat Milk

			\$18.38
Granola Bars	Fat-Free or Low Fat Milk (2 Gallons)	Plastic Cups	
$\$3.00 \times 3 \text{ Boxes} = \9.00	$\$2.99 \times 2 \text{ Containers} = \5.98	$\$3.40$	




Fresh Strawberries and Low-Fat Yogurt

			\$18.16
Strawberries (Prepacked Containers)	Low Fat Vanilla Yogurt (Large Container)	Plates	
$\$4.48 \times 2 \text{ Containers} = 8.79$	$\$2.69 \times 2 \text{ Containers} = \5.38	$\$3.99$	


Low Salt Popcorn with 100% Fruit Juice

			\$13.00
Low Salt Popcorn	100% Fruit Juice	Plastic Cups	
$\$1.79 \times 2 \text{ Bags} = \3.60	$\$3.00 \times 2 \text{ Containers} = \6.00	$\$3.40$	

Vegetables with Peanut Butter or Cream Cheese

 <p>Carrots and Celery Bags (Large Bag)</p>	 <p>Peanut Butter</p>	 <p>Low-Fat Cream Cheese</p>	<p>\$10.99 OR \$9.50</p>
<p>OR</p>			
<p>\$3.99 (x 2 Bags) = \$8.00</p>	<p>\$2.99</p>	<p>\$1.50</p>	

100% Whole Fruit Pops

 <p>100% Whole Fruit Pops</p>	<p>\$7.00</p>
<p>\$3.50 (x 2 Containers) = \$7.00</p>	

Vegetables with Ranch Dressing

 <p>Carrots and Celery Bags (Large Bag)</p>	 <p>Ranch Dressing</p>	 <p>Plates</p>	<p>\$16.78</p>
<p>\$3.99 (x 2 Bags) = \$8.00</p>	<p>\$4.79</p>	<p>\$3.99</p>	

Salsa and Baked Tortilla or Corn Chips

 <p>Mild Flavor Salsa (Large Jar)</p>	 <p>Corn Chips (Large Bag)</p>	 <p>Plates</p>	<p>\$12.99</p>
<p>\$2.50 (x 2 Jars) = \$5.00</p>	<p>\$1.99 (x 2 Bags) = \$4.00</p>	<p>\$3.99</p>	

