

## ***Mrs. Buchholz's Healthy Snack List***

Fruit/Vegetables  
Meat (jerky, etc.)  
Cheese  
Pretzels  
Rice Cakes  
Granola Bars  
Graham Crackers  
Whole Grain Crackers/Cheese Crackers  
Trail Mix  
Cereal Bars  
Unfrosted Animal Crackers  
Fruit Snacks  
Fruit Roll-Ups  
Yogurt  
Cottage Cheese  
Muffins  
Nuts  
Applesauce

***\*\*If you are not sure about a snack food, please check with Mrs. Buchholz BEFORE you bring it. It is VERY important for students to eat healthy during the school day in order for them to be most successful.***

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