

AHSTW COMMUNITY SCHOOLS

Proudly serving the communities of Avoca, Hancock, Shelby, Tennant, and Walnut

Healthy Snack & Birthday Treat Ideas

Thank You for Supporting Healthy Classrooms!

Providing nutritious snacks helps students stay focused, energized, and ready to learn. If you would like to send a classroom snack or birthday treat, please consider the options below.

<p>Fresh Fruit Options:</p> <ul style="list-style-type: none">• Apple slices (pre-sliced)• Clementines or mandarin oranges• Grapes (cut in half for younger students)• Strawberries or blueberries• Watermelon cubes• Fruit cups packed in 100% juice• Fruit kabobs (no sharp skewers)	<p>Vegetable Choices:</p> <ul style="list-style-type: none">• Baby carrots• Celery sticks• Mini sweet peppers• Cucumber slices• Cherry tomatoes (cut if needed)• Individual veggie cups with ranch or hummus
<p>Protein Snacks:</p> <ul style="list-style-type: none">• String cheese• Cheese cubes• Yogurt tubes or cups• Hard-boiled eggs (peeled)• SunButter and crackers (nut-free)	<p>Whole Grain Options:</p> <ul style="list-style-type: none">• Whole-grain crackers• Pretzels• Mini whole-grain muffins• Rice cakes• Low-sugar granola bars• Popcorn (check with teacher for grade-level guidelines)
<p>Treats:</p> <ul style="list-style-type: none">• Yogurt parfait cups• Fruit pizza (whole-grain base with yogurt & fruit)• Frozen banana pops (yogurt-dipped)• Applesauce pouches• Smoothie cups• Nut-free trail mix• Non-food treats (stickers, pencils, bookmarks)	<p>Tips to Remember:</p> <ul style="list-style-type: none">• Please check with the classroom teacher regarding food allergies.• Store-bought individually wrapped items. [Assist in identifying ingredients for allergies.]• Avoid peanut or tree nut products unless approved.• Provide enough for the entire class.

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