

**Topsfield Public School District  
Steward School Preschool  
Healthy Treat Ideas**

**Snack Foods**

- Low-fat string cheese
- Crackers with low-fat cheese
- Hot, soft pretzels with mustard
- Popcorn, air popped or microwave 94% fat free
- Pirate's Booty
- Mini Bagels with whole grains
- Cheese pretzel kabobs (cheese cubes threaded on thin, pretzel sticks)
- Baked tortilla chips and salsa or low-fat bean dip
- Pretzels
- Baked or Reduced fat chips
- Dry nut-free cereal mix

**Beverages**

Choose beverages with moderate sugar intake, such as:

- Nonfat, 1%, or chocolate milk
  - Water
  - 100% juices
  - Sugar-free hot chocolate made with nonfat or 1% milk
- Pasteurized apple cider

**Fresh fruit & vegetables**

Fruits

Apples, orange wedges, pineapple, bananas, kiwi, grapes, strawberries, dried fruits, Frozen Fruit Bars (no sugar)

Vegetables

Baby carrots, green or red pepper strips, pea pods, broccoli, cauliflower, cherry tomatoes, salads with lowfat dressing or dip

**Desserts:**

Graham crackers	Oatmeal raisin cookies
Low-fat frozen yogurt	Animal crackers
Fig Newtons	Gingersnap cookies
Fruit juice bars	Low Fat Pudding
Vanilla wafers	Chocolate covered strawberries
Strawberries with whipped cream	
Yogurt splits with bananas, yogurt, and fruit toppings	
Angel food cake with fresh fruit topping such as strawberries, peaches, blueberries, etc.	
Rice Krispy Treats	
Low-fat cereal bars	
Carmel rice cake snacks	
Mini-muffins	
Sweet breads cut into 4 oz portion sizes	
Teddy Grahams made with whole grains	

\* Please talk to your child's teacher about any classroom allergies before planning party snacks

