

# “Snack Food Suggestions for Parties at School”

## Beverages

- 1% Low-fat or Skim Milk (any flavor)
  - 100% Fruit Juice
  - Bottled Water
- Flavored (low calorie) Water
- Sugar-free fruit punches or lemonade

## Food Items

- Pretzels
- Low-fat ice cream or sherbet
- Low-fat frozen yogurt
- Low-fat Yogurt
- Frozen Fruit Juice Popsicles
- Low-fat or fat free pudding
- Applesauce (variety of fruit flavors on the market)
- Sugar-free Jell-O (fruited sugar free Jell-O)
- Baked Chips with low-fat dip or salsa
- Raw Vegetables with fat free or low-fat dressing
- Fresh or Dried Fruit
- Fruit Cups (canned-in its own juice)
- Party or Trail Mix
- Vanilla Wafers or Animal Crackers
- Angel Food Cake or Sponge Cake (with low-fat or fat free cool whip and fresh fruit)
- Crackers- many varieties (i.e. Goldfish, Cheese Nips, Triscuit, Wheat Thins, Graham, etc.)

