



50 Snack Ideas for School and Sports

Nut-Free Ideas:

- Apples
- Bananas
- Mandarin oranges
- Grapes
- Baby carrots
- Cherry tomatoes
- Pre-cut celery
- Applesauce
- Fruit cups
- Fruit pouches
- Jello
- Dried fruit
- Freeze dried fruit chips
- Beef jerky
- Pretzels
- Yogurt tubes
- Pumpkin seeds
- Hard boiled eggs
- Teddy Grahams
- Goldfish crackers
- Cheez-Its
- Scooby Snacks
- Graham crackers
- Pirate's Booty
- Popcorn
- String cheese
- Pita chips + hummus
- Rice cakes
- Olives
- Pickles
- Raisins
- Fruit snacks
- PopCorners
- Veggie Straws
- Mini bagel
- Belvita Breakfast Biscuits

Other ideas:

- Granola bars
- Cereal bars
- Animal crackers
- Pudding
- Graham crackers with peanut butter
- Trail mix
- Sandwich crackers or cookies
- Peanut butter filled pretzels
- Cashews/almonds/peanuts/pistachios
- Greek yogurt and top with granola
- Dry cereal
- Rice Krispie Treats
- Chex Mix
- Mini muffins