

Melrose-Mindoro School District

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Deanna Wiatt, Superintendent
Rick Dobbs, Junior/Senior High School Principal
Corey Peterson, EC-6th Grade Principal

Suggestions for Healthy Classroom Snack Options

- Water
- Sparkling/carbonated water, no sugar
- Fat-free or low-fat milk
- Fruit smoothies (frozen fruit with yogurt)
- Fresh fruit (trays, salads, or kabobs)
- Fresh vegetables (trays, salads, or kabobs)
- Fat-free or low-fat yogurt (alone or as dips)
- Canned fruit or fruit cups in water or 100% fruit juice
- Dried fruit with no added sugar
- Whole grain crackers
- Rice cakes
- Pretzels
- Low-fat cheese (slices or sticks)
- Small whole grain waffles with fruit on top
- Low-fat or air popped popcorn without butter or salt
- Graham crackers
- Jelly (from 100% fruit) sandwiches on whole wheat bread
- Whole grain bagels or English muffins with cream cheese
- Fat-free or low-fat pudding
- Whole grain cereal bars
- Baked whole grain tortilla chips and salsa
- Baked chips (small portions)

Walmart healthy snacks

- [GogoSqueez](#) Morning Smoothies
- Ritz Toasted Pita Chips
- Goya Plantain Chips
- New York Style Bagel Crisps
- Crunchmaster's Multi-Seed Crackers
- Great Value Vegetable Chip Mix
- Terra Sweet Potato Chips
- Great Value Thin Wheat Crackers
- Great Value Woven Wheat Crackers
- [Wymans](#) Just Fruit & Greek Yogurt Bites
- Mamma Chia Squeeze
- Great Value Unsweetened Applesauce

Melrose Express Options

- Bananas
- Popsicles
- Graham crackers
- Carrots
- Popcorn

Other Ideas:

- String cheese
- Individual bags of trail mix
- Annie's Organic Variety Pack,
- Cheddar Bunnies,
- Bunny Grahams & Cheddar Squares,

Non - Food Items:

- Bubble wands,
- silly putty, etc
- (can be found on amazon in 12, 24, 48 count)

Tara Tjerstad, RN BSN

School Nurse

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