

PORTAGE TOWNSHIP
SCHOOLS
FOOD SERVICE
DEPARTMENT

RECOMMENDED
NUTRITIOUS SNACKS



*Food and
Nutrition Services*

SNACK RECOMMENDATIONS THAT MEET THE PORTAGE
TOWNSHIP SCHOOLS SMART SNACK GUIDELINES AND
THE PTS WELLNESS POLICY

Beverages

Bottled Water

Flavored or unflavored

100% fruit juice

Milk—non fat or low fat

Plain or flavored

Low Fat Whole Grain Products

Pretzels

Cinnamon Teddy Grahams

Goldfish Grahams

Goldfish Graham (2ct)

Animal Crackers

Baked Cheetos

Baked Nacho Chips

100-calorie cookie bag

Oreo, Chips Ahoy

White Cheddar Popcorn

Chex Mix

100-calorie cookie bag

Sun Chips - Harvest Cheddar

Fresh Fruits & Vegetables

Fresh Whole Seasonal Fruit

Packaged Sliced Apples

Bagged Carrots or Celery

With low fat dip or dressing

Applesauce cups

Fruit cups

Raisins

Additional Treats

Yogurt GO-gurts

Sherbet Cups (4oz)

Orange, Lime, Raspberry

Ice Cream Cups

Vanilla, Chocolate

Mini Ice Cream Sandwich

**Please note that due to the risk of allergic reaction, we ask that snacks do not contain peanut butter, peanuts or other types of tree nuts.*