

Healthy Snack & Beverage List

St. Joseph-Marquette School

Beverages

- Cold Skim or Low-Fat milk
- Mineral water with lime
- Chilled vegetable juice
- 100% fruit juice (apple, grape, grapefruit, orange, pineapple, raspberry)
- Water

Smooth!

- Yogurt
- Cottage cheese
- “Fruit Smoothie” (Fruit Smoothie recipe: blend one cup of skim milk, three ice cubes, your favorite fresh fruit, and a dash of vanilla, cinnamon, and nutmeg on a blender)

Crunchy & Juicy!

- Raw vegetables (asparagus, bell pepper, broccoli, cabbage, carrots, cauliflower, celery, zucchini)
- Fresh Fruit (apples, berries, cantaloupe, grapes, grapefruit, kiwi, nectarine, orange, peach, plum, watermelon, frozen 100% juice pops, tomato, pear, frozen blueberries)
- Salads (low-cal or fat free dressing)

Really Hungry!

- Pizza
- Hard-boiled eggs
- Granola
- Corn on the cob
- Unbuttered popcorn
- Puffed-rice cakes
- Wheat crackers
- Sliced meats sandwich
- Bran muffin
- Cheese

Suggestions for Healthy-Food Fundraising & Rewards

Fundraising

- Any item listed on the Healthy Snack & Beverage List
- Fresh and exotic fruit
- Fresh produce
- Unbuttered popcorn
- Garden seeds
- Candles
- Coupon books
- Gift baskets
- Temporary tattoos
- Plants
- Gourmet foods
- Car wash
- Case of water sale

Rewards

- Any item listed on the Healthy Snack & Beverage List
- Books
- Activity books
- Stickers
- Pencils
- Free Time
- Eat lunch with Principal
- Eat lunch in the classroom
- Craft items
- Bouncy balls
- Nail polish for a week for girls
- Boys can wear baseball hats for a week
- PJ day
- Funny hat day
- Extra art time
- Free dress
- Certificates
- Barrettes
- Jeans day
- Name on board
- Recognition bt staff and students at assembly
- Principal for the day
- Tee-shirt day
- Frisbees
- Jump ropes