

St. Joseph Marquette Catholic School

Healthy Snack & Beverage List

- Cold Skim or Low-Fat milk
- Mineral water with lime
- Chilled vegetable juice
- 100% fruit juice (apple, grape, grapefruit, orange, pineapple, raspberry) and or popsicles.
- Yogurt
- Cottage cheese
- 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, tomato, pear, frozen blueberries)
- Salads (low-cal or fat free dressing)
- Pizza
- Hard-boiled eggs
- Granola
- Corn on the cob
- Unbuttered popcorn
- Puffed-rice cakes Wheat crackers
- Bran muffin