

Food Brought from Home



Included in this list are foods that may meet the Healthy Kids Act and are encouraged to be used for classroom parties, lunches brought from home, concessions, and even after-school snacks. If you would like to ensure specific products meet the Healthy Kids Act, please use the nutrition calculator, which is available at www.tinyurl.com/Iowa-HKA.

FRUIT

Fresh Fruit - serve whole, sliced, cut in half, cubed, or in wedges

Apples	Cantaloupe	Mandarin Oranges	Pears
Apricots	Cherries	Mangoes	Pineapple
Bananas	Grapefruit	Nectarines	Raspberries
Blackberries	Grapes	Oranges	Strawberries
Blueberries	Kiwi	Peaches	Watermelon

100% Frozen Fruit - berries, grapes, melons, peaches

100% Dried Fruit - apricots, bananas, cranberries, pineapple, raisins

100% Freeze-Dried Fruit - apples, bananas, pineapples, strawberries, peaches

Fruit Smoothies - blend bananas, berries, and pineapple or other fruit combinations

Fruit and Cheese Kabobs - with reduced-fat cheese

Individual Fruit Cups - applesauce, fruit cocktail, pears, peaches

VEGETABLES

Fresh Vegetables

Broccoli	Celery Sticks	Snap Peas	String Beans
Baby Carrots	Cucumber	Snow Peas	Tomatoes
Cauliflower	Peppers	Soy (Edamame)	Zucchini Slices

Salad - pre-made salads or a salad bar

GRAINS

Whole Grain Crackers	Puffed Rice Snacks	Single-Serving Low-Sugar Cereals
Whole Wheat English Muffins	Cereal Bars	Baked Tortilla Chips
Low-Sodium Pretzels	Popcorn	Whole Grain Flat Breads
Multi-Grain Pita Chips	Whole Grain Granola Bars	

DAIRY

Reduced-Fat Cheese Sticks/String Cheese - cheddar, mozzarella, swirl

Yogurt - plain, flavored, fruited

Yogurt and Fruit Cups

NUTS/SEEDS

Sunflower Seeds	Mixed Nuts	Peanuts	Almonds	Cashews
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BEVERAGES

Low-Fat and Fat-Free Milk	Water	100% Fruit and Vegetable Juice
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