



At Bonita Elementary School we are committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. Our School Wellness Policy supports healthy eating and physical activity. Childhood obesity is a national concern and we can help our children by following this list of snack suggestions.



fresh fruit (apple, banana, orange, grapes, etc)

fresh veggies (carrots, cucumber, Tomato, etc)

individual fruit cups

100% fruit sticks/bars or raisins

dried fruits

pretzels or baked chips

graham crackers, plain animal crackers

baked crackers or goldfish crackers

granola bars (less than 4 grams of fat/bar)

trail mix

fig bars

popcorn (light or low-fat)

100% juice

yogurt or string cheese if kept cold

pudding

