



7 Pillars Career Academy

Healthy Snacks Policy

In an effort to provide students with the healthiest environment we can, we are encouraging families to provide healthy lunches/snacks for our scholars.

Healthy snacks help our scholars grow, stay healthy and mentally sharp.

Following are a few healthy snack options:

- Cereal with milk • Low-fat cheese melted on a whole-grain tortilla
- Fresh cut-up fruit with yogurt for dipping
- Graham crackers and low-fat milk
- Yogurt with whole grain cereal or fruit on top
- Baked chips
- Vegetables and low-fat dip
- Whole-grain crackers or toast with peanut butter or hummus
- Fruit salad
- Low-fat string cheese
- Popcorn • any kind of fruit
- Whole-grain muffins or bagels