

# 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](http://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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