



# SAINT FRANCIS XAVIER SCHOOL

*Developing the Whole Person...Academics, Character, Community and Faith*

## Recommended Healthy Snacks

- \* Fresh/dried fruit
- \* Vegetables
- \* Cheese
- \* Yogurt
- \* Popcorn
- \* Granola/protein bars
- \* Unsweetened apple sauce
- \* Trail mix- if no nut allergy in classroom
- \* Ham, turkey, cheese roll-ups
- \* Pepperoni, cheese and crackers
- \* Hummus w/veggies or crackers
- \* Rice cakes
- \* Natural meat sticks
- \* Cottage cheese
- \* Muffins- low sugar recipes
- \* Hard boiled eggs
- \* Fruit smoothies

*Msgr. Richard G. Lavalley, Pastor • Mr. Eric Becker, Principal*

*Mrs. Eileen Barendse, Asst. Principal and Director of Early Education • Mrs. Terry Collins, Administrative Assistant*

*5 St. Peter Street, Winooski, Vermont 05404 • (802)655-2600 • [www.sfxvt.org](http://www.sfxvt.org) • [info@sfxvt.org](mailto:info@sfxvt.org)*