



School-Approved Snack Boxes

<http://www.nicoleosinga.com>

Nicole Osinga

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Fruits

- 3 Clementines
- 1/2 cup Raspberries

Seeds, Nuts & Spices

- 1/4 cup Pumpkin Seeds

Vegetables

- 3/4 cup Bruschetta
- 1/2 Cucumber

Boxed & Canned

- 1 cup Corn Tortilla Chips
- 2 units Healthy Crunch School Approved Chocolate Banana
- 2 Healthy Crunch School Approved Double Chocolate Bar
- 1/3 cup Salsa

Bread, Fish, Meat & Cheese

- 2 Keto Wraps
- 2 units Mini Whole Wheat Pita
- 3 tbsps Parmigian Cheese

Condiments & Oils

- 1 oz Pickled Red Onions

Cold

- 1/4 cup Guacamole
- 1/4 cup Hummus
- 1/2 cup Unsweetened Coconut Yogurt



Hummus Veggie Roll-Ups

1 serving

5 minutes

Ingredients

- 1 unit Healthy Crunch School Approved Chocolate Banana
- 2 Keto Wraps
- 1/4 cup Hummus (red pepper hummus)
- 1/2 Cucumber (sliced)
- 1 oz Pickled Red Onions

Nutrition

Amount per serving	
Calories	409
Fat	17g
Carbs	63g
Fiber	10g
Sugar	7g
Protein	18g
Cholesterol	0mg
Sodium	630mg
Vitamin A	172IU
Vitamin C	4mg
Calcium	253mg
Iron	3mg

Directions

- 1 Arrange ingredients into snack boxes. Enjoy!



Bruschetta Pita Snack Box

1 serving

5 minutes

Ingredients

- 3/4 cup Bruschetta
- 2 units Mini Whole Wheat Pita (sliced into triangles)
- 3 tbsps Parmigian Cheese (vegan)
- 1 unit Healthy Crunch School Approved Chocolate Banana

Directions

- 1 Arrange ingredients into snack box. Enjoy!

Nutrition

Amount per serving	
Calories	288
Fat	9g
Carbs	45g
Fiber	4g
Sugar	2g
Protein	7g
Cholesterol	0mg
Sodium	0mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	0mg
Iron	0mg



Chips & Dip Snack Box

1 serving

5 minutes

Ingredients

- 1/3 cup Salsa
- 1/4 cup Guacamole
- 1 cup Corn Tortilla Chips
- 1 Healthy Crunch School Approved Double Chocolate Bar

Nutrition

Amount per serving	
Calories	247
Fat	15g
Carbs	28g
Fiber	7g
Sugar	4g
Protein	4g
Cholesterol	0mg
Sodium	706mg
Vitamin A	421IU
Vitamin C	8mg
Calcium	78mg
Iron	1mg

Directions

- 1 Arrange ingredients in snack box and enjoy!



Sweet Snack Box

1 serving

5 minutes

Ingredients

- 3 Clementines
- 1/2 cup Raspberries
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Pumpkin Seeds
- 1 Healthy Crunch School Approved Double Chocolate Bar

Directions

- 1 Divide ingredients into snack boxes. Enjoy!

Nutrition

Amount per serving	
Calories	372
Fat	20g
Carbs	43g
Fiber	11g
Sugar	24g
Protein	13g
Cholesterol	0mg
Sodium	30mg
Vitamin A	25IU
Vitamin C	125mg
Calcium	347mg
Iron	4mg