

Suggestions for Snack

Please bring in 1 grain and 1 fruit or vegetable

Baby carrots, cut celery, apples, grapes, melon, cucumbers, orange slices, pineapple, apple sauce/fruit cups, raisins, bananas

Crackers + peanut butter

Cheeze-its

Pretzels

Goldfish

Teddy grahams

Ritz, Ritz-bits

Cheese sticks

Popcorn

Cheese and crackers

Rice cakes

Bagels w/ or w/o cream cheese

Wheat-Thins

Granola bars

Muffins

Trail mix

Healthy breads (apple, carrot, banana)

Dips are always good
for encouraging the eating of
veggies, as well as small
muscle coordination!

Cupcakes and sweets for birthdays only please!

Sample Snacks:

100% fruit juice, water, baby carrots, dip, wheat-thins

100% fruit juice, water, bananas, pretzels

100% fruit juice, water, cheese and crackers, orange slices

Have fun! Be creative!