

HEALTHY SNACK SUGGESTION LIST!

Fruits

Apples	Grapes
Apple Sauce	Melon Balls
Bananas	Oranges
Blueberries	Peaches
Cherries	Pears
Dried Fruits	Pineapples
Fruit Cup	Raisins
Frozen Grapes	Strawberries
Frozen Pineapple	Watermelon

Vegetables

Carrots (with dip)
Celery (with cream cheese)
Celery (with peanut butter)
Cherry tomatoes
Sliced colored peppers
Broccoli (with dip)

Dairy

String Cheese
Low-fat Yogurt
Yogurt with fruit
Low-fat or Skim milk
Cottage Cheese
Cottage Cheese with fruit

Snacks

Whole Grain Crackers
Whole Grain Crackers with cheese
Whole Grain Crackers with peanut butter
Graham Crackers
Popcorn
Pita Chips
Cereal Bars
Animal Crackers
Goldfish
Pretzels
Granola Bars
Trail Mix
Rice Cakes

GOOD NUTRITION FEEDS SUCCESSFUL LEARNING!

