

NUTRITIONAL SNACK IDEAS

- Pieces of fruit –apples, strawberries, oranges, grapes, bananas, watermelon, kiwi, blueberries, raspberries
- Snack size containers of fruit – peaches, oranges, applesauce, pears, etc.
- Fresh veggies
- Cheese - Slices, curds, spreads, string, etc.
- Cheese and crackers
- Breads – banana, zucchini, apple, cranberry, toasted
- Muffins
- Bagels with peanut butter or cream cheese
- English muffins
- Breadsticks
- Non-sugar cereals (Cheerios, Chex, Bran, Kix)
- Crackers – wheat and grain, graham, teddy, vanilla wafers
- Pretzels
- Breakfast bars and Pop Tarts (non-chocolate)
- Sandwiches – peanut butter and jelly, ham, cheese, etc. (quartered)
- Yogurt – cups or frozen, go-gurts
- Pizza
- Smoothies
- Trail mix – Chex mix, pretzels, crackers, raisins, cereal, Craisins
- Nuts
- Tortillas – cheese, peanut butter or jelly

***When making bread, muffins, or cupcakes, per State we need the box or a copy of the recipe of what is in the baked good, so we know for children with allergies. Thank you.

*** We have access to a microwave and oven for anything that would need to be heated***

***Snacks need to be in an unopened box with the date visible for us to see. No individual sleeves of crackers. Thank you.