



Foods that are nutritious and good tasting for snacking!

Carrots, celery, broccoli, and cauliflower with ranch.

Turkey slices

Pretzels

Popcorn

Orange slices

String cheese

Apple slices with cinnamon

Bagels or English Muffins with jam

Raisins

Peaches

Graham crackers

Bananas

Wheat crackers

Grapes

Apple sauce

Mixed fruit salad

Pineapple

Pudding

Pears

Green and red pepper sticks

Dry Cheerios (or HEALTHY cereal)

Watermelon

Cheese and crackers

Gold fish crackers

Granola bars

Cucumbers

Oatmeal snacks

Strawberries