

Snack Ideas:

Fruit - all kinds:

Sliced apples or pears

Nectarines or peaches

Grapes

Pineapple chunks

Strawberries

Bananas

Melon chunks

Oranges or Clementine's

Dried fruit: raisins, apples, banana chips,

Applesauce containers/ squeeze

Fruit Cups (with spoon)

Vegetables -- all kinds: Celery sticks, Baby carrots, etc.

String Cheese

Yogurt (with spoon)

Rice cakes

Popcorn

Pudding (with spoon)

Crackers, Graham Crackers or Pretzels

Fruit bars, Granola Bars, or Nutrition Bars

Animal Crackers

Trail mix or Cereal (dry)

100 Calorie Packs

