



## Christ Memorial Christian Preschool

### Suggested Snack Ideas

*Please select 2 items to send in on your snack day to ensure children will find something to enjoy each day.*

#### **FRUIT**

Apples  
Bananas  
Grapes  
Pears  
Oranges  
Peaches  
Berries  
Raisins  
Dried fruit  
Applesauce

#### **CRACKERS**

Cheese-its  
Grahams  
Teddy grahams  
Goldfish-whole grain  
Snack mixes  
Crackers (wheat thins, triscuits or other whole grain crackers)  
Pita Chips

#### **CHEESE**

Chunks  
String  
Sliced

#### **VEGETABLES**

Baby carrots  
Cucumbers, sliced with dip  
Cherry tomatoes  
Sweet peppers

#### **MISC**

Pudding cups  
Popcorn (for 4 and 5 year olds)  
100% fruit roll-ups or leather  
Yogurt tubes  
Dry cereal mixes (i.e. cheerios with raisins)  
Hummus for dipping veggies  
Yogurt for dipping fruit

#### **DRINKS**

100% fruit juices  
Low fat milk  
Water