

# SNACK IDEAS

(In accordance with the guidelines from the Healthy Howard Program)

## 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  
Celery and peanut butter(jar) or cream cheese  
Cukes, 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)  
Pita chips  
Hummus for dipping veggies  
Yogurt for dipping fruit

## DRINKS

100% fruit juices  
Low fat milk  
Water

