

## Snack Idea List

### What Do I Send?

In order to fulfill state requirements, each student must have snacks from **two** food groups at snack time. One of the choices may be milk or 100% juice. Each child will also be given their water bottle at snack. The list below gives ideas of items you may send; however it is not all inclusive! Please remember to send your child's snack ready to serve! We thank you in advance for being creative in providing healthy snacks for your child.

#### Grains

- Whole Grain Crackers
- Pretzel Sticks or Pretzel Thins
- Goldfish Crackers, Cheddar Bunnies or Cheeze-Its
- Graham Crackers or Teddy Grahams
- Popcorn (Age Appropriate)
- Mini Rice Cakes or Rice Crackers
- Fruit Bars/Cereal bars
- Breads/Muffins
- Cereal
- Mini Bagels and Spread

#### Proteins

- Sliced Deli Meat
- Meat and Cheese kabobs
- Pepperoni or Salami

#### Veggies

- Carrot Sticks/Celery Sticks with Ranch
- Sugar Snap Peas
- Bell Pepper Strips
- Cucumber Slices
- Grape Tomatoes
- Broccoli/Cauliflower with Hummus

#### Fruit

- 100% Juice
- Apples
- Strawberries
- Blueberries
- Raspberries
- Grapes
- Bananas
- Melon Chunks
- Raisins
- Dried Cranberries
- Oranges
- Applesauce
- Fruit Kabobs

#### Dairy

- Milk (must be 2% or whole)
- Yogurt
- Cheese Cubes or Cheese Slices
- String Cheese or Cheese Sticks
- Laughing Cow Cheese
- Babybel Cheese