

Snack Menu

1. Crackers / Wafers

Graham Crackers
Animal Crackers
Ritz Crackers
Cheez Its
Wheat Thins
Vanilla Wafers

2. Cheese

Diced, String or Sliced
American
Cheddar
Monterey Jack
Swiss
Mozzarella

3. Fruit

Apples / Applesauce
Bananas
Orange Slices
Seedless Grapes
Fruit Cup
Diced Fruit

4. Vegetables

Raw vegetables with dip
Carrots
Celery
Cucumbers
Cooked vegetables
String Beans
Butter Beans
Corn
Peas

5. Cereal / Granola Bars

Ready to eat cereals low
in sugar
Cheerios
Raisin Bran
Granola / Cereal Bars

6. Yogurt / Jello

Plain or Fruit Flavored
Fruit Flavored Jello
Plain or Flavored Pudding

7. Bread

Raisin Bread
Mini Bagels
Mini Muffins

8. Other

Goldfish
Trail Mix (no candy)
Popcorn

***Ms. Jana Petty, MS, RD, LD
has assisted us with suggestions
for nutritious snacks considering
food groups that would meet the
requirements of the National,
State and Local agencies.