



HEALTHY SNACK LIST

PROTEIN	CARBOHYDRATE	VEGETABLES	FRUIT
Cheddar cheese cubes	Packaged breadsticks	Carrot sticks	Apple slices
Mozzarella cheese cubes	Graham crackers	Zucchini sticks	Bananas
American cheese slices	Banana bread/cornbread	Cherry tomatoes	Strawberries, halved
Mini hot dogs	Mini muffins	Cucumber sticks	Orange slices
Yogurt cups	Mini bagels with plain or flavored cream cheese	Broccoli florets	Cantaloupe chunks
English muffin pizzas	Pretzel sticks or any pretzel variation	Pickles	Grapes, green or red
Cheese sandwiches cut in quarters	Goldfish crackers	Veggies with ranch dressing dip	Applesauce
Sandwiches cut with cookie cutters	Pita bread	Cauliflower florets	Peach slices Pear slices
	Rice cakes, plain or flavored		Pineapple chunks
	Blueberry muffins		Fruit cocktail
	Popcorn		Fruit kabobs
	Corn muffins		Blueberries
	Saltine crackers		Melon balls
	Animal crackers		Apple slices
	Cereal pieces (low sugar)		Cut-up fruit with vanilla yogurt dip
			Kiwi fruit, sliced