

**Healthy Snack ideas for kids and for cooping**

**fruit or veggie and protein and carbohydrate**

**WE ARE A PEANUT FREE AND NUT FREE SCHOOL – CHECK THE LABELS**

**No Carrots, popcorn, hotdogs, or celery to SIP, 2s, and 3s classes Grapes need to be cut in half for these classes**

<b>Fruit or Veggie – not limited to this list just suggestions</b>	<b>Protein – not limited to this list just suggestions</b>	<b>Carbohydrate – not limited to this list just suggestions</b>
<b>Bannans dried or fresh</b>	<b>Cheese sliced, cubed, shredded, or sticks</b>	<b>Whole wheat crackers – Triscuits, wheat thins, circle crackers (TJoers) look at labels for nut processing</b>
<b>Oranges</b>	<b>Hummus</b>	<b>Tortillas</b>
<b>Cantaloupe</b>	<b>Cream cheese</b>	<b>Goldfish</b>
<b>Watermelon</b>	<b>Yogurt – frozen, sticks or cups</b>	<b>Graham Crackers</b>
<b>Strawberries</b>	<b>Salami</b>	<b>Teddy Grahams</b>
<b>Honeydew</b>	<b>Ham</b>	<b>Homemade Bread and Muffins</b>
<b>Applesauce</b>	<b>Turkey</b>	<b>Tortellini</b>
<b>Mango – dried or fresh</b>	<b>Eggs</b>	<b>Rice cakes</b>
<b>Seaweed - dried</b>	<b>Beans</b>	<b>Pita pockets</b>
<b>Cucumber slices</b>	<b>Edamamme</b>	<b>Noodles</b>
<b>Grapes – cut in half</b>	<b>Sunflower seed butter</b>	<b>Cheezits</b>
<b>Pomegrante</b>	<b>Butter</b>	<b>Bagels</b>
<b>Broccoli</b>	<b>Pop chips</b>	<b>Corn Muffins</b>
<b>Papaya – dried and fresh</b>		<b>Pancakes</b>
<b>Blueberries –dried and fresh</b>		<b>Waffles</b>
<b>Tomatos</b>		<b>Veggie chips and sticks</b>
<b>Pears - sliced</b>		
<b>Apples sliced</b>		
<b>Dried Fruit</b>		

IDEAS:

Whole wheat crackers and toppings (sliced cheese, cream cheese)

Cucumbers and ranch dressings

Tortilla roll ups with turkey or ham and hummus

Smoothies

Parfaits – yogurt and fruit and graham crackers

Hummus and pita wedges

Pita pockets filled with ham and cheese

Bagels -- plain--any brand. Hint: try pizza bagels. Use plain pizza sauce and sprinkle on some cheese.

Fruit - any kind. Hint: frozen fruit is a special treat - try freezing a banana rolled in yogurt with a popsicle stick and it's like a frozen treat.

Tortillinis

Waffles