

Preschool Snack Ideas

FRUITS

Apples
Bananas
Blueberries
Cubed cantaloupe
Clementines
Grapes
Orange wedges
Raisins
Strawberries
Cubed watermelon

VEGETABLES

Baby carrots
Cucumber slices
Sugar snap peas
Guacamole
Hummus

DAIRY

Go-gurt
String cheese
Yogurt

GRAINS/NUTS

Cereal bars
Crackers
Corn chips
Granola bars
Honey wheat pretzels
Popcorn
Pretzels
Rice cakes
Tortilla chips
Trail mix

**** Preschool will provide 100% juice OR white milk OR chocolate milk ****