

WHAT'S FOR SNACK

FRUIT

Apple & peanut butter or cheese cubes
Bananas & peanut butter
Kiwi & cheese slices
Apple Sauce
Pear Sauce
Banana dipped in yogurt, roll in crushed cereal & freeze
Cottage cheese & fruit
Variety of fruits w/some cheese
Avacado chunks
Blueberries w/Greek Yogurt {superfood!}
Grapes {no mess!}
Rainbow fruit platter
Dried fruit

OTHER STUFF

Mini bagels w/peanut butter, jam or cream cheese
PB wrapped w/tortilla & warmed for about 10 seconds.
Granola bars - Quaker Oat Yogurt Bars, Trader Joe's etc.
Veggie Straws
Root chips from Trader Joe's
Graham crackers plain or w/PB or nutella
Monster smoothie: {bananas, strawberries, blueberries, greek yogurt, little milk, wheat germ & handful of spinach}
Pita bread w/PB, hummus, mild salsa or bean dip
Whole grain english muffin w/PB or coconut oil
Cinammon Toast
Ham & cheese cubes
Fig Newtons
Popcorn, pretzels or rice cakes
Trailmix: cashews, almonds, raisins & cranberries
Hardboiled egg {superfood!}
Greek yogurt w/honey
Sammy Jammies
Deli meat w/a slice of cheese rolled up
PB or cheese sandwich cracker packs

VEGGIES

Variety of veggies w/a dip
Crinkle cut carrots w/hummus
Celery, peanut butter & raisins
Celery w/PB on ends & goldfish to grab
Cheese & broccoli
Cucumbers & yogurt or hummus

BIGGER SNACKS

Rice & beans
Quesadilla
Mac n cheese w/tuna & peas
Grilled cheese
PB & Jelly Panini
Pizza english muffins w/sauce, cheese & bake
Cream cheese spread on whole wheat waffle
Cheesy roll-up w/cheese & deli meat. Microwave & roll
Pizza roll-up {same except w/pepperoni}

EXTRAS