

WHDCC: Shared Snack Suggestion List

- Crackers and Cheese
- Goldfish/ cheez-its
- Applesauce
- Hummus & veggie sticks or crackers
- Cottage cheese
- Raisins
- Dry cereal mix
- Graham crackers and cream cheese
- Bananas
- Grapes (cut in half), blueberries (cut in half), strawberries, raspberries, blackberries
- Clementines
- Sliced apples/ peaches
- Cut melon
- Yogurt
- Sliced veggies (Cucumbers, bell peppers, halved cherry tomatoes) with dip
- String cheese
- Dehydrated fruit chips
- Veggie straws
- Pirates' booty
- Bagels (w/ or w/o cream cheese)
- Fig newtons
- Snack bars
- Homemade baked goods (bread, muffins, pancakes, french toast sticks etc.)
- Rice cake with nut butter/ dip
- Tortilla with nut butter/ dip
- Fruit cups
- Seaweed snacks
- Sandwich (half per child)
- Wheat thins/ pretzels

EXAMPLE MENUS:

AM SNACK: applesauce & raisins PM SNACK: veggie straws	AM SNACK: fig newtons PM SNACK: cheese and wheat thins
AM SNACK: mini bagels with cream cheese PM SNACK: bananas	AM SNACK: applesauce muffins PM SNACK: rice cakes with sun butter
AM SNACK: yogurt (about 2, 32oz tubs) PM SNACK: graham crackers & cream cheese	AM SNACK: fruit cups PM SNACK: cucumbers & hummus