

Preschool Snack Suggestions

**Not applicable for Toddler Program*

Snacks should include a selection from at least two food groups.

Milk & Meat	Grains	Fruit & Vegetables
<ul style="list-style-type: none"> · Cheese · Cheese sticks · Yogurt · Cottage cheese · Pudding · Dip for veggies (sour cream or yogurt-based) · Cream cheese · Hummus 	<ul style="list-style-type: none"> · Crackers · Pit bread pieces · Rice cakes · Bread sticks · Melba toast · Sandwiches cut in quarters (whole wheat, pumpernickel, cracked wheat, rye and white in combinations) · English muffins · Muffins · Cookies – as low in sugar as possible and limited in chocolate/chocolate chips · Mixture of Cheerios, pretzels, and raisins · Popcorn 	<ul style="list-style-type: none"> · Apples (cut up) · Orange sections · Grapes · Pear pieces · Pineapple · Watermelon · Peach pieces · Plum pieces · Bananas · Carrot sticks · Cucumber · Celery · Zucchini · Mushrooms · Radishes · Broccoli · Cauliflower · Tomatoes · Raisins · Dried apricots

Notes:

- In addition to the snack, please provide a beverage such as milk or juice.
- Please bring only nut-free snacks. Check ingredients when purchasing pre-made products.
- Remember that this is just a snack - please bring small portions.
- Try to provide a snack low in refined sugar.
- Your snack can be left in the fridge until the appropriate time.
- You can use the microwave to prepare your snack, if applicable.