

Angel food cake
Animal Crackers
Ant on a log (*celery with peanut butter or cream cheese and raisins*)
Apple (*Try with dip: peanut butter, cream cheese, fruit dip, hummus, whipped topping, caramel sauce*)
Applesauce (*individual servings with spoons*)
Apricots
Carrots with dip
Bagels *with various cream cheese spread or peanut butter*
Baked whole grain goldfish
Blueberry, bran, or cornbread muffins
Bread sticks *with cheese or marinara sauce*
Canned fruit in light syrup or water
Cheese (*string cheese, cheese squares*)
Cheese crackers
Cheese quesadillas
Chex mix
Cookies and muffins *made with applesauce rather than oil*
Cracker stackers (*lunch meat, cheeses, and veggies to build sandwiches*)
Crackers: *Graham crackers, saltines, ritz Crackers, animal crackers, whole wheat, Whole grain crackers (Great with dips, spreads, Cheeses)*
Dates and squash
Dried fruit
Edamame
English muffins, flour or corn tortillas, or Pita bread *topped with refried beans, canned chili, and Mexican shredded cheese (or pizza toppings)*
Whole grain fig newtons
Flavored rice cakes
Fortune cookies
Fresh fruit (*please cut into cubes, Try freezing*)
Fruit and yogurt parfaits (*layer cut fresh fruit with yogurt and granola*)
Fruit kebobs

Gelatin *with canned or fresh fruit*
Graham Crackers
Granola Bars
Grapes- *cut in half*
Hard boiled eggs
Jello jigglers
Kabobs *made with combinations of cheese, fruit, veggies, lunch meat*
Lean cuts of turkey, ham, pepperoni, etc
Low-fruit and cereal bars
Mandarin oranges or peaches
Melons (*cut in cubes*)
Naturally sweetened dry cereal
Non-fat cottage cheese (*try adding fruit*)
Parfaits *with yogurt/gelatin/chopped fruit*
Quesadillas (*cheese, peanut butter, Nutella*)
Peanut butter and jelly sandwich squares
Peanut butter or fruit spread with crackers
Pears
Pita bread *with lean sliced meat and cheese*
Popcorn cakes
Pretzel rods with dip (*cheese, ranch dressing, yogurt, bean dip, mustard*)
Raisins
Pretzels (*try whole wheat or soft pretzels*)
Pumpkin seeds
Quick breads or muffins *made with carrots, zucchini, pumpkin, bananas*
Rice cakes
Sesame breadsticks
Snack Mix (*Toss together whole grain cereal pretzels, raisins*)
Vegetables (*with dips, cottage cheese, humus*)
Yogurt
Sugar-free pudding cups or jello cups
Tortilla chips *with bean dip or salsa*
Vanilla wafers
Trail Mix (*Mix dry cereal, pretzels, cheese crackers, mini marshmallows, raisins, goldfish*)
Veggie chips