Angel food cake Gelatin *with canned or fresh fruit*

Animal Crackers Graham Crackers

Ant on a log (*celery with peanut butter or* Granola Bars

*cream cheese and raisins)* Grapes- *cut in half*

Apple (*Try with dip: peanut butter, cream* Hard boiled eggs

*cheese, fruit dip, hummus, whipped topping,* Jello jigglers

*caramel sauce)* Kabobs *made with combinations of cheese,*

Applesauce (*individual servings with spoons) fruit, veggies, lunch meat*

Apricots Lean cuts of turkey, ham, pepperoni, etc

Carrots with dip Low-fruit and cereal bars

Bagels *with various cream cheese spread* Mandarin oranges or peaches

*or peanut butter* Melons (*cut in cubes)*

Baked whole grain goldfish Naturally sweetened dry cereal

Blueberry, bran, or cornbread muffins Non-fat cottage cheese (*try adding fruit)*

Bread sticks *with cheese or marinara sauce* Parfaits *with yogurt/gelatin/chopped fruit*

Canned fruit in light syrup or water Quesadillas (*cheese, peanut butter, Nutella)*

Cheese (*string cheese, cheese squares*) Peanut butter and jelly sandwich squares

Cheese crackers Peanut butter or fruit spread with crackers

Cheese quesadillas Pears

Chex mix Pita bread *with lean sliced meat and cheese*

Cookies and muffins *made with applesauce* Popcorn cakes

*rather than oil* Pretzel rods with dip (*cheese, ranch*

Cracker stackers (*lunch meat, cheeses, and dressing, yogurt, bean dip, mustard)*

*veggies to build sandwiches)* Raisins

Crackers: *Graham crackers, saltines, ritz* Pretzels (*try whole wheat or soft pretzels)*

*Crackers, animal crackers, whole wheat,* Pumpkin seeds

*Whole grain crackers (Great with dips, spreads,* Quick breads or muffins *made with carrots,*

*Cheeses) zucchini, pumpkin, bananas*

Dates and squash Rice cakes

Dried fruit Sesame breadsticks

Edamame Snack Mix (*Toss together whole grain cereal*

English muffins, flour or corn tortillas, or *pretzels, raisins)*

Pita bread *topped with refried beans, canned* Vegetables (*with dips, cottage cheese,*

*chili, and Mexican shredded cheese (or pizza humus)*

*toppings)* Yogurt

Whole grain fig newtons Sugar-free pudding cups or jello cups

Flavored rice cakes Tortilla chips *with bean dip or salsa*

Fortune cookies Vanilla wafers

Fresh fruit (*please cut into cubes, Try freezing)* Trail Mix (*Mix dry cereal, pretzels, cheese*

Fruit and yogurt parfaits (*layer cut fresh fruit crackers, mini marshmallows, raisins,*

*with yogurt and granola) goldfish)*

Fruit kebobs Veggie chips