

Snack Menu

Strawberries, Blueberries or other fruit

Carrots and dip

Olives

Cottage Cheese

Applesauce

String Cheese

Pepperoni

Slice of Lunch Meat

Mixed Nuts

Green Smoothie

Peanut Butter and Carrots

Peanut Butter and Apple

Spoonful of Peanut Butter

Dark Chocolate Square (one a day)

Hard Boiled Egg (if already made)

Frozen Grapes or blueberries

Glass of Milk

Glass of Pink Smoothie