Healthy Snacks for Kids

Healthy snacks can help you grow even when you’re on the go!!

Choose wisely as can be-----it’s as easy as A-B-C!!

A PPLE SLICES WITH CINNAMON N UT FREE GRANOLA BARS

B ROCCOLI WITH LOW-FAT DIP O RANGE SLICES

C ARROT & CELERY STICKS P RETZELS

D RIED FRUIT Q UESADILLAS

E NGLISH MUFFIN WITH PIZZA SAUCE R AISINS

F RUIT JUICE POP S TRING CHEESE

G RANOLA BAR T URKEY SLICES

H ONEYDEW MELON U NBUTTERED POPCORN

I CE MILK V EGGIE PIZZA

J ELL-0 WHOLE GRAIN BAGEL W/JAM

K IWI FRUIT X OTIC FRUIT(mANGO/PAPAYA)

L ETTUCE & TOMATO SALAD Y OGURT – LOW FAT

M ILKSHAKE WITH FRUIT, Z OO ANIMAL CRACKERS

 NONFAT YOGURT & MILK