

Please consider the use of

PEANUT FREE SNACKS

due to allergy concerns.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dips
- Fresh fruit and/or 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc)
- Trail mix (NUT FREE)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, crackers, pretzels, etc.) (NUT FREE)
- Low-sodium crackers
- Baked corn chips and fat-free potato chips with salsa and low-fat dip such as ranch, French, onion, bean, etc.
- Low-fat muffins, granola bars and cookies (NUT FREE)
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Jello and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, and sherbets (NUT FREE)
- Low-fat and skim milk products
- Pure ice cold water