

Snack Ideas



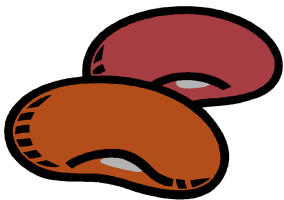
Spoon-A-Snack

Applesauce
Cottage Cheese
Yogurt
Custard
Egg Salad
Tuna Salad
Carrot and Raisin Salad



Bake-A-Snack

Vegetable or Cheese
Pizza
Fruit Muffin
Baked Apple
Tortilla and Cheese



Crunch-A-Snack

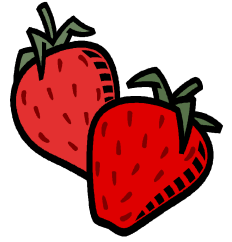
Cauliflowerettes
Pepper Strips
Radishes
Bean Sprouts
Sunflower Seeds
Toasted Pumpkin Seeds
Roasted Soy Beans
Whole Wheat Crackers
Unsweetened Cereal

Slice-A-Snack

Mushroom
Carrot
Pineapple
Melon
Cheese
Persimmon
Banana
Watermelon
Tomato

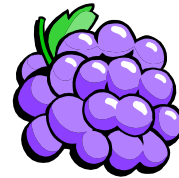
Create-A-Snack

Fruit and Cheese Kabobs
Peanut Butter Rolled in Lettuce Leaves
Celery Stuffed with Cream Cheese
Cucumber or Zucchini Rings with
Cottage Cheese Dip
Deviled Eggs
Banana Chunks Rolled in Wheat Germ
Sardines on Rye Crisp
Refried Beans on Corn Tortillas



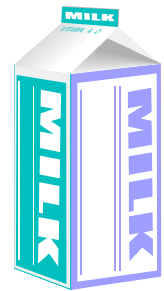
Munch-A-Snack

Apples
Peaches
Plums
Grapes
Strawberries
Pears
Apricots
Cherries
Oranges



Drink-A-Snack

Milk
Buttermilk
Tomato Juice
Unsweetened Fruit Juice
Water



Be sure that your child can chew and swallow nuts and skins of fruits before offering snacks of this type