



KIDS HEALTHY SNACK OPTIONS



MONDAY OPTIONS

- Celery and peanut butter
- Carrots and ranch
- Fruit cups
- Cheese and crackers

TUESDAY OPTIONS

- Greek yogurt
- Fresh fruit
- Hummus and pretzels
- Turkey slices

WEDNESDAY OPTIONS

- Hard-boiled eggs
- String cheese
- Apple sauce
- Popcorn

THURSDAY OPTIONS

- Whole grain cereals
- Squeeze packets of nut butter
- Guacamole packets
- Pretzels

FRIDAY OPTIONS

- Dried fruit
- Graham crackers
- Trail mix
- Granola