

# Suggested Classroom Mid-Morning Snacks

## Fresh Veggies

Carrots, celery, cherry tomatoes  
Bell peppers (red, yellow, orange and green)  
Cucumbers  
Avocado (slices or chunks)



## Fresh Fruits

Apples, oranges, bananas, berries, grapes, etc.  
Dried Fruit; raisins (plain, not covered), craisins, etc.  
Apple sauce  
Fruit cups (in fruit juice, not syrup)

## Dairy

Cheese squares  
String cheese  
Yogurt  
Hardboiled eggs



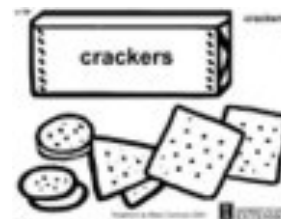
## Cereal & Cereal Bars

Clif bars, clif kidz bars  
Nutrigrain bars (flavors include: blueberry, apple, strawberry)



## Crackers/Breads

Triscuits, Wheat thins, Saltines  
Whole grain crackers, breads and bagels  
Annie's cheddar bunnies, goldfish crackers (cheddar or pretzel)



## Chips

Skinny pop, veggie straws  
Pretzels  
Pop Chips (flavors include: sea salt, barbecue, sour cream and onion)

### **When a class needs to be nut-free due to an allergy**

**IMPORTANT:** due to continual changes in manufacturer packaging, please read the ingredient label of all snacks, including those on this list, to ensure that it does not contain any of the following: peanut/nut butter, peanut oil, peanut/nut flour, peanut/nut meal, or any variety of the statements, "Contains peanuts," "May contain traces of peanuts/nuts," or "Manufactured in a facility or on equipment that also processes peanuts (and/or other nuts)."