**SNACK IDEAS**

Pre-school, Bridge and Kindergarten Children will bring their own individual snacks each day. Below is a list of possible choices. On most days we will serve cold water as a beverage at snack time.

**Vegetables:**

Carrot Sticks Celery Sticks Jicama slices

Broccoli Florets Cucumber Slices Zucchini Slices

Red Bell Pepper Strips Cauliflower Florets

**Fruit:**

Apples Seedless Grapes Strawberries

Peaches Plums Watermelon

Pears Pineapple Cantaloupe

Bananas Oranges Blueberries

Tangerines Cherries

**Other:**

Cheese Cubes Granola Mix

Nuts Pretzels

Mixed Raisins & Nuts Cheese & Crackers

Muffins (a favorite)

Granola Bars

Stuffed Celery (strips stuffed with cheese spread or peanut butter)

Hummus / Bean Dip with crackers or veggies

 Guacamole and Salsa with corn chips or jicama