

≡ Kid Friendly ≡ Snack Ideas

Fruits

- Apples
- Pears
- Grapes
- Berries
- Chopped Melon
- Mandarin Oranges
- Cherry Tomatoes

Veggies

- Sliced Bell Pepper
- Snap Peas
- Carrot Sticks
- Celery Sticks
- Broccoli
- Cherry Tomatoes
- Sweet Potato Cubes

Protein

- Hummus
- Tzatziki
- Boiled Eggs
- Cottage Cheese
- Cheese Cubes
- Beans

Grains

- Crackers
- Granola
- Muffins
- Pita Bread
- Overnight Oats
- Brown Rice
- Spinach Wraps

Notes:



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Fruits

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Veggies

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Protein

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Grains

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