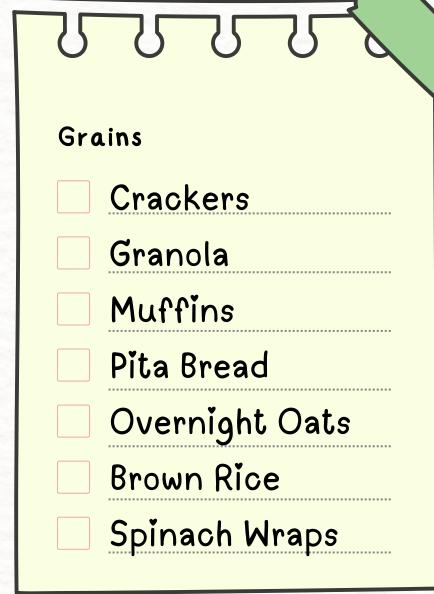


Fruits Apples Pears Grapes Berries Chopped Melon Mandarin Oranges Cherry Tomatoes

Veggies	
Slice	d Bell Pepper
Snap	Peas
Carro	t Sticks
Celer	y Sticks
Broco	oli
Cherr	y Tomatoes
Sweet	t Potato Cubes

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





Notes:





Sid Friendly & Snack Ideas

Fruits	Veggies
	4
Protein	Grains
Notes:	

Canton Public Library connecting your community