

## Sample Snack Menus

- Apple and string cheese
- Toasted whole wheat bread with peanut butter
- Mini pizza on whole wheat English muffin with sauce and cheese
- Oatmeal sundae-instant oatmeal topped with banana slices and berries
- Raw vegetables and peanut butter or cottage cheese dip
- Hummus and pita bread
- Cheese quesadilla (tortilla and cheese) with salsa
- Yogurt parfait, yogurt topped with fresh fruit in season
- Tuna salad on whole wheat bread
- Milk and whole grain cereal

*Water may be offered with snacks*