

# Snack Ideas



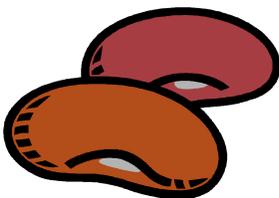
## Spoon-A-Snack

Applesauce  
Cottage Cheese  
Yogurt  
Custard  
Egg Salad  
Tuna Salad  
Carrot and Raisin Salad



## Bake-A-Snack

Vegetable or Cheese  
Pizza  
Fruit Muffin  
Baked Apple  
Tortilla and Cheese



## Crunch-A-Snack

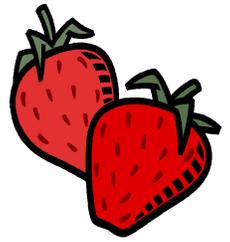
Cauliflowerettes  
Pepper Strips  
Radishes  
Bean Sprouts  
Sunflower Seeds  
Toasted Pumpkin Seeds  
Roasted Soy Beans  
Whole Wheat Crackers  
Unsweetened Cereal

## Slice-A-Snack

Mushroom  
Carrot  
Pineapple  
Melon  
Cheese  
Persimmon  
Banana  
Watermelon  
Tomato

## Create-A-Snack

Fruit and Cheese Kabobs  
Peanut Butter Rolled in Lettuce Leaves  
Celery Stuffed with Cream Cheese  
Cucumber or Zucchini Rings with  
Cottage Cheese Dip  
Deviled Eggs  
Banana Chunks Rolled in Wheat Germ  
Sardines on Rye Crisp  
Refried Beans on Corn Tortillas



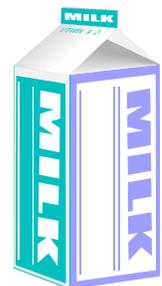
## Munch-A-Snack

Apples  
Peaches  
Plums  
Grapes  
Strawberries  
Pears  
Apricots  
Cherries  
Oranges



## Drink-A-Snack

Milk  
Buttermilk  
Tomato Juice  
Unsweetened Fruit Juice  
Water



**Be sure that your child can chew and swallow nuts and skins of fruits before offering snacks of this type**