

Quick & Easy Snacks

- Applesauce
- Bread, muffins, and crackers
- Buttered popcorn
- Cakes and cookies made with whole grains, fruits, nuts, wheat germ, or granola
- Cereal
- Cheese, hard or semisoft
- Cheesecake
- Chocolate milk
- Crackers
- Cream soups
- Dips made with cheese, beans, or sour cream
- Fruit (fresh, canned, dried)
- Gelatin salads and desserts
- Granola
- Hard-boiled and deviled eggs
- Ice cream frozen yogurt, popsicles
- Juices
- Milkshakes, "instant breakfast" drinks
- Nuts
- Peanut butter
- Pita bread and hummus
- Pizza
- Puddings and custards
- Sandwiches
- Vegetables (raw or cooked)
- Whole or 2% milk
- Yogurt