



## **SNACK IDEAS**

- Granola bar with nut butter spread on top and a glass of milk
- Grain based bar with cheese stick or glass of milk
- Rx bar
- Dried fruit with ounce of nuts
- Jerky with a piece of fruit
- Cheese stick with nuts and fruit
- Yogurt topped with fruit and granola
- Cottage cheese topped with fruit
- Whole grain crackers and cheese
- Veggies dipped in hummus
- Whole grain tortillas topped with melted cheese; dip in guacamole
- Half sandwich
- Trail mix
- Smoothie
- Popcorn
- Whole grain tortilla chips or crackers dipped in hummus