

Main Snacks

- Ants on a log (Celery, Sunflower seed butter, raisins)
- Hummus and Vegetables (or Pita chips)
- Whole Wheat Crackers with Cheese squares
- Hard Boiled Eggs
- Egg Cups (see recipe)
- Fruit (or Green) Smoothie

Side Snacks

- Fruits – Apples, Bananas, Cuties (oranges), Strawberries, etc
- Vegetables – Celery, Carrots, Tomatoes
- Apple Sauce
- Fruit Leather
- Nuts
- Raisins
- Almond Flour Crackers