

# After School Snacks / You May Choose...

1 Mini Meal	*OR*		2 Snacks
	1 (or 2) Healthy Items:		Up to 1 Pantry Item:
<ul style="list-style-type: none"> <li>● Honey Crunchy Corn Dogs</li> <li>● Peanut Butter &amp; Jelly</li> <li>● Lunchmeat Sandwich</li> <li>● Grilled Cheese Sandwich</li> <li>● Quesadilla</li> <li>● Tortilla Chips with Salsa or Bean Dip</li> <li>● Can of Soup</li> <li>● Taquitos</li> <li>● Bagel with Cream Cheese</li> <li>● Toast with Jelly</li> <li>● Oatmeal</li> <li>● Fried Egg on Toast</li> <li>● Tuna &amp; Crackers</li> <li>● Chicken Nuggets</li> <li>● Hot Dog</li> <li>● Breakfast or Frozen Burrito</li> <li>● Chicken &amp; Rice</li> <li>● Leftovers</li> </ul>	Fridge Items:	<ul style="list-style-type: none"> <li>● String Cheese</li> <li>● Lunchmeat</li> <li>● Yogurt</li> <li>● Cottage Cheese</li> <li>● Hummus</li> <li>● Hard Boiled Egg</li> </ul>	<ul style="list-style-type: none"> <li>● Raisins / Craisins</li> <li>● Crackers</li> <li>● Pretzels</li> <li>● Dry Cereal</li> <li>● Peanuts</li> <li>● Pepperoni Stick</li> <li>● Olives</li> <li>● Jello</li> <li>● Applesauce</li> <li>● Fruit Cup</li> <li>● Granola Bar</li> <li>● Chips</li> <li>● Graham Crackers</li> <li>● Animal Crackers</li> <li>● Goldfish</li> <li>● Saltines</li> <li>● Peanut Butter</li> <li>● Fruit Snacks</li> </ul>
	Veggies:	<ul style="list-style-type: none"> <li>● Mushrooms</li> <li>● Broccoli</li> <li>● Bell Peppers</li> <li>● Carrots</li> <li>● Celery</li> </ul>	
	Fruit:	<ul style="list-style-type: none"> <li>● Apple</li> <li>● Mandarin Orange</li> <li>● Grapes</li> <li>● Strawberries</li> <li>● Banana</li> <li>● Raspberries</li> <li>● Blueberries</li> </ul>	