

Primary III Snack List

Pick any snack from this list to bring in for the entire class. Feel free to mix and match! We have 26 children.

Protein:

Chicken
Ham
Turkey
Roast Beef
Bacon
Tuna
Salami
Pepperoni
Summer Sausage

Veggies:

Brussels sprouts
Kale
Spinach
Broccoli
Asparagus
Tomatoes
Squash
Green Beans
Cauliflower
Snow Peas
Lettuce
Mushrooms
Peppers
Carrots
Cucumbers
Celery
Sugar Snap Peas

Fruits:

Raspberries
Blackberries
Blueberries
Strawberries
Watermelon
Cantaloupe
Oranges
Tangerines
Apples
Grapefruit
Grapes
Kiwi
Mango
Pears
Bananas
Pineapple
Pomegranate

Starch:

Sweet Potato
Quinoa
Beans (Kidney, Black, Garbanzo)
Edamame
Peas
Brown Rice
Corn
Oatmeal
Pita

Healthy Fats:

Avocado
Sunflower Butter
Hummus

Seeds:

Sunflower Seeds
Pumpkin Seeds
Olives

Fun Combos!

Fruit Kabobs	Carrots and Hummus	Red beans and rice
Turkey and cucumber/avocado	Pita Bread and Hummus	Clementine's and Celery
Ham and Cantaloupe	Pita Bread and Turkey	Olives and Strawberries
Sunflower Butter and Celery	Tomatoes and Olives	Bananas and Sunflower butter
Summer Sausage and carrots	Pepperoni and Celery	Strawberries and Lettuce
Grapes and garbanzo beans	Apples and Honey	Apples/Banana and Sun butter
Cucumbers and Hummus	Olives and Blueberries	