

Toddler I Snack List

Pick any snack from this list to bring in for the entire class. Feel free to mix and match! We have 12 children.

Protein:

Chicken
Ham
Turkey
Roast Beef
Bacon
Tuna
Salami
Pepperoni
Summer Sausage

Starch:

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

Veggies:

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

Healthy Fats:

Avocado
Sunflower Butter
Hummus

Fruits:

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

Seeds:

Sunflower Seeds
Pumpkin Seeds
Olives

Fun Combos!

Fruit Kabobs

Carrots and Hummus

Red beans and rice

Turkey and Cheese Roll ups

Pita Bread and Hummus

Clementine's and Celery

Ham and Cantaloupe

Pita Bread and Turkey

Olives and vinaigrette

Sunflower Butter and Celery

Tomatoes and Balsamic Vinaigrette

Bananas and Sunflower butter

Pepperoni and Pita bread

Strawberries and Lettuce

Croissants and Honey

Cucumbers and Hummus

Oatmeal with Blueberries

Peppers and hummus