

## Primary I snack list

\*\* We will no longer serve JUICE for snack.

\*\* Please pick from the list below...include a fruit or vegetable.

\*\* Fruits....about a half a fruit per child.

\*\* We have 22 children.

### FRUITS

apples  
apricots  
bananas  
blackberries  
blueberries  
cantaloupe  
cherries  
grapes  
kiwis  
oranges  
nectarines  
peaches  
pears  
pineapples  
strawberries  
watermelon

applesauce  
fruit cups (no syrup)

raisins  
natural fruit leather

### VEGETABLES

broccoli  
carrots  
celery  
cucumber  
peppers  
chery tomatoes  
zuchinni  
  
low fat dips  
bean dip  
guacamole  
hummus  
salsa  
sunbutter  
low sugar jam  
apple butter

### GRAINS

whole grain:  
english muffins  
bagels  
cereal  
crackers  
rice cakes  
popcorn  
baked tortilla chips  
sweet potato chips  
cereal bars

### DAIRY

low fat yogurt  
cheese  
cottage cheese  
cream cheese  
goat cheese

### OTHER

lunch meat  
olives  
brown rice  
pepperoni  
turkey bacon