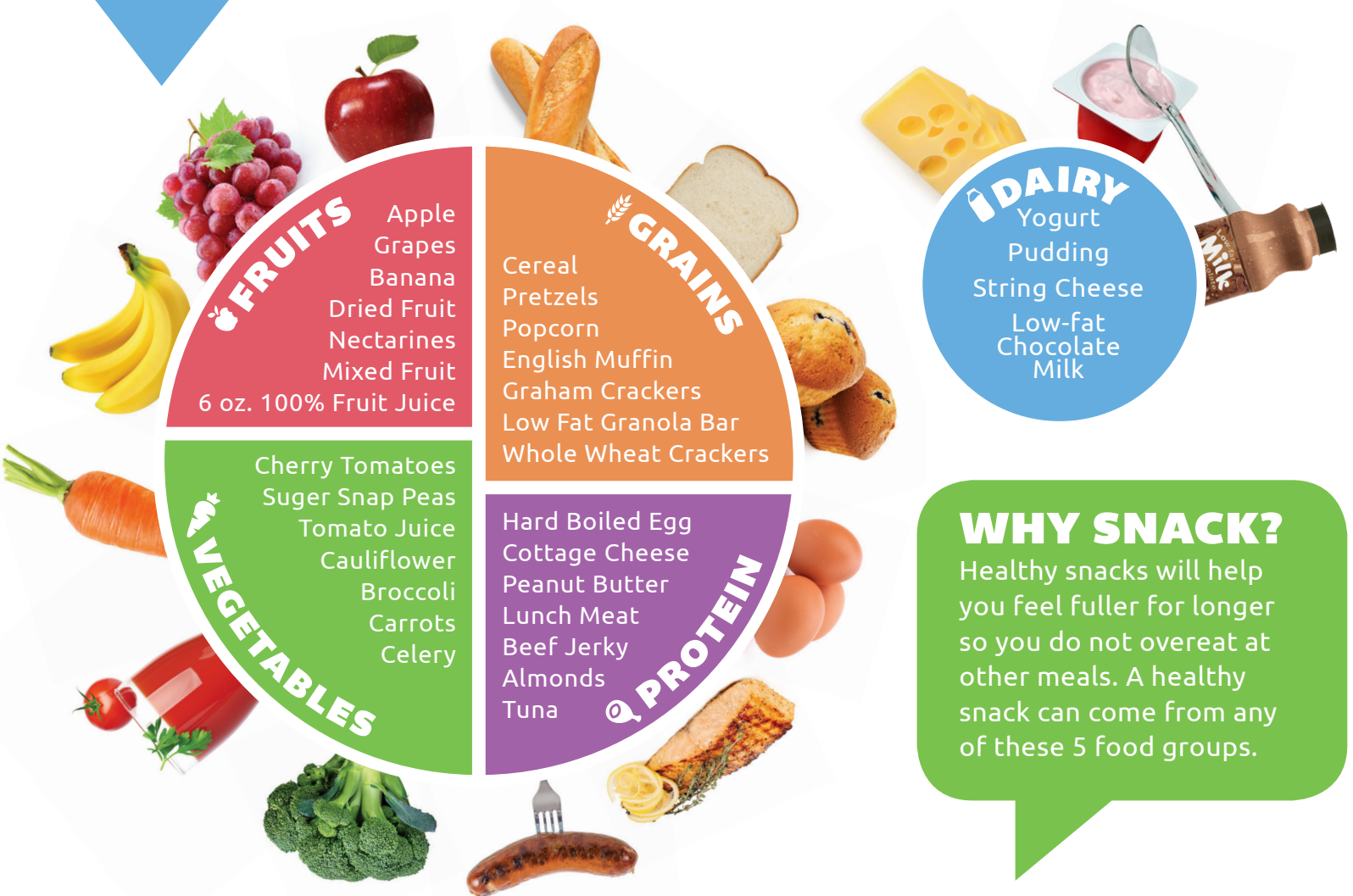


# GOT SNACKS?



## COMBINATION SNACK IDEAS

### SNAP CRACKLE POP

Mix popcorn and pretzels with 1/2 cup of shredded cheese.

### YOGURT PARFAIT

Mix 1/2 cup mixed fruit & 1/4 cup granola with low-fat yogurt.

### BUGS BUNNY

Carrots served with 2 Tbsp of low-fat ranch dressing & whole wheat crackers.

### MORNING SUNSHINE

Low-fat chocolate milk with an apple.

### GREEN WRAPS

Wrap cheese, turkey, & mustard inside a leaf of lettuce.

### MUFFIN TOP

1/2 English muffin topped with peanut butter.

## OR TRY...

Tuna & crackers

String cheese & cherry tomatoes

Cheese & crackers

Celery & peanut butter

1/2 cup of cottage cheese & fruit