

Examples of approved snack options for Preschool & PDO snack program.

Snacks must contain at least one item from two different food groups.

Please be sure that all items are prepared and ready to be served.

ALLERGY ALERT There is a peanut allergy in the two year old room on Tuesdays.

Please do not provide any peanut products on Tuesdays in Two Year Old PDO.

Dairy Group	Grain Group	Fruits or vegetables		Meat & Bean Group
Low fat milk	Whole Grain crackers	Apple slices	raisins	Deli turkey, chicken or ham
String cheese	Graham crackers	Apple sauce (no sugar added)	100% juice bars	Hard boiled eggs
Cheese Slices or Cubes	Fruit & cereal bars	Dehydrated or dried fruits	Celery sticks	hummus
Yogurt cups	Granola bars	bananas	Carrot sticks	Peanut butter
Yogurt tubes, frozen or served with a straw	Mini bagels	Fruit cups in 100% fruit juice	Snap peas	Nut butters (sunflower seed, almond, etc.)
Cream cheese	Pita bread	Grapes (halved)	Edamame	Soy snacks
Mini bottles of fruit smoothies	Rice crackers	Kiwi, cut	Red peppers	
Cottage cheese	Whole grain cereal	Watermelon, cut	cucumbers	
Low fat pudding cups	Whole grain tortillas	Cantaloupe, cut	Cherry tomatoes	
	Bread sticks	blueberries		
	Whole grain muffins	strawberries		
	Goldfish crackers	Pears, cut		
	Pretzel twists	Oranges, cut or peeled		

Example snack combinations:

- *Apple slices and peanut butter
- *Hummus and crackers or pita break
- *Meat and cheese rollups
- *String cheese and celery sticks
- *Pretzel twists and grapes

- *Milk & graham crackers
- *mini bagel and cream cheese
- *cottage cheese and blueberries
- *Muffin and grapes