

## Wellspring Children's Center

### Snack Ideas

1. Celery stuffed with cottage cheese and topped with raisins, milk
2. Sliced bananas with creamy peanut butter dip, milk
3. Whole wheat toast spread with apple sauce and sprinkled with cinnamon, milk
4. Grapes and sesame sticks, milk
5. Celery stuffed with peanut butter, milk
6. Fresh strawberries with milk and vanilla and wheat crackers, milk
7. Cantaloupe bites with cottage cheese, fruit juice
8. Pita bread and carrots with hummus, milk
9. Apple wedges with sliced cheese, fruit juice
10. Wheat bagels spread with cream cheese and topped with raisins, milk
11. Waffles spread with peanut butter and blueberries, milk
12. Build your own trail mix, fruit juice
13. Make your own carrot juice and wheat crackers, milk
14. Popped corn and bananas, milk
15. Whole grain cereal and milk
16. Carrot-raisin salad with wheat crackers, milk
17. Fresh fruit pieces with yogurt dip, water
18. Bread pudding and milk
19. Granola with yogurt
20. Fresh fruit smoothies
21. Fruit pop cycles
22. Nifty nachos, fruit juice
23. Fruit bars and nuts, milk
24. Rice pudding with milk
25. Oatmeal-raisin bars, milk
26. Cheesy wheat toast, fruit juice
27. Wheat cinnamon raisin bagel pieces and orange wedges, milk
28. Frobana Crunch: bananas cut and rolled in yogurt and granola, milk
29. Carrot-raisin salad and wheat toast, milk
30. Wheat toast with peanut butter and honey, milk
31. Banana pops: sliced banana dipped in orange juice and rolled wheat germ then frozen, milk
32. Fresh watermelon and granola bars, milk
33. Corn bread and homemade lemonade
34. Peanut butter balls, milk
35. Frozen fruity yogurt, water
36. Hearty corn chips and fresh mango salsa, fruit juice
37. Hot chicken noodle soup, wheat crackers and string cheese, milk
38. Deviled eggs, wheat crackers, and cherry tomatoes, fruit juice
39. Tomato slice topped with tuna and melted cheese, fruit juice
40. Warm fruit juice and granola cookie

