

Other Snack Options

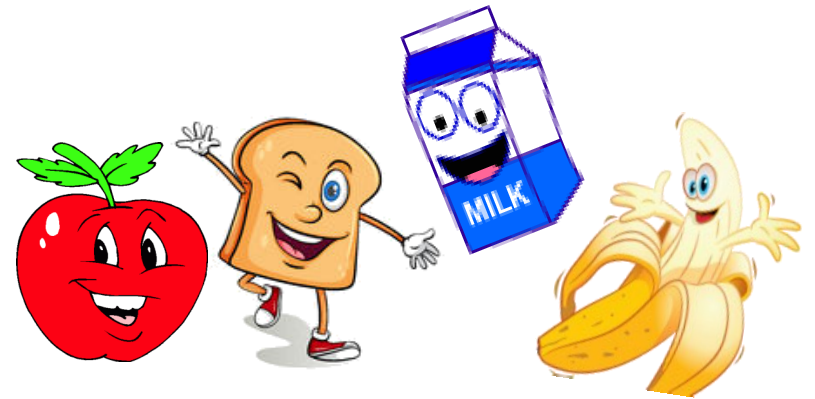
- Dry cereal and fruits
- Banana dipped in peanut butter
- Tortilla with melted cheese (quesadilla)
- Oatmeal cookies and milk
- 100% Orange Juice popsicle
- Applesauce
- Turkey wrapped around cheese stick
- Cheese and crackers
- All fruit popsicle
- Popcorn
- Celery sticks with cream cheese

****Always have canned fruits in 100% juice****

Information from: <http://www.buildhealthykids.com/mornings.html>



Contact us at: MHSI@montefiore.org or 347-418-4738



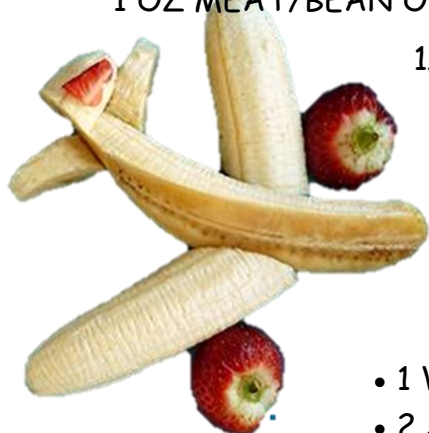
It's SNACK Time!!

By AIR... By LAND... By SEA...!!



Make snacking Fun!!

CHOOSE: 1 FRUIT OR 1 VEGETABLE SERVING
1 OZ MEAT/BEAN OR 1 OZ WHOLE GRAIN SERVING
1/2 CUP MILK



Soar the Skies..

Ingredients

- 1 Whole Banana
- 2 Strawberries

Join the Hungry Caterpillar on a crawl..



Ingredients

- 1 Apple
 - Babybel Cheese
 - Small pieces of cheese slice (for eyes)
- (**Have an ADULT slice the Apple)

Take a swim with some Dolphins..

Ingredients

- 1 Whole Banana
 - Grapes
- (**Have an ADULT slice the Banana)



Examples of Healthy Snack Items.. Have your child pick..

- Veggie Sticks with Hummus
- Yogurt topped with berries or their favorite fruit
- Cheese sticks and apple
- Apple and peanut butter (be careful with nuts allergies)
- Tortilla chips with salsa
- Whole grain crackers with cut up veggies or fruits
- Trail mix: Nuts, cereal, dried fruit, and/or chocolate chips
- Fruit kebobs dipped in yogurt
- Smoothies: Mix in blender milk (1/2 cup skim), fruit (1/2 cup strawberries) and yogurt (2 oz.). Kids love them frozen, too.