

## Snack Attack Ideas for Kids

Celery Stuffed with cheese and raisins  
Fresh Fruit (grapes cut in half)  
Dried Fruit  
Hard Boiled Egg  
Fresh or Steamed Vegetables (with or without dip)  
Yogurt with fresh fruit  
Bagels or Waffles with cream cheese  
Chow mein noodles with meat, cheese or fruit  
Tosses salad  
Refried beans and tortillas  
Meat Rolls  
Pretzels with meat, fruit or cheese  
Cottage Cheese with fruit or veggies  
Toasted English muffins with cheese or fruit  
Jell-O with fruity (don't forget the spoon)  
Rice cakes with cheese or fruit spread  
Crackers with cheese or fruity spread  
(Saltines, animal crackers, club or graham crackers)  
Goldfish Crackers with meat, fruit or cheese  
Breadsticks with meat, fruit or cheese  
100% Fruit juice (white grape is preferred by most doctors)  
Vegetable Juice  
Water