



SNACK PLATE IDEAS

PROTEINS/ENTREES

Lunch Meat Rolls
Edamame
Hard-boiled eggs
Almonds
Cubed, Cooked Chicken Breast
Rotisserie Chicken
Pre-cooked, Frozen Meatballs
Turkey Hot Dog
Scoop of Peanut Butter
Hummus
Pre-cooked Bacon or Sausage
Meats from Dinner Leftovers
Lunchmeat "Pinwheels"
PB & Granola "Quesadillas"
English Muffin Pizzas
Easy Cheesy Nachos
Easy Microwave Pasta

VEGETABLES

Carrot Sticks
Celery Sticks
Pickle
Green Pepper Strips
Cucumber Slices
Cherry Tomatoes
Avocado
Raw/Steamed Broccoli or Corn
Raw Sugar Snap Peas
Side Salad

DAIRY

Cheese Cubes
String Cheese
Scoop of Cottage Cheese
Yogurt
Glass of Milk

FRUITS

Strawberries, Blackberries,
Raspberries, or Blueberries
Banana Slices
Fresh Cherries, Pitted
Grapes
Apple or Pear Slices
Oranges or Tangerines
Grapefruit Segments
Raisins or Dried Cranberries
Applesauce
Pineapple Chunks
Watermelon

WHOLE GRAINS

Whole Grain Crackers
Graham Cracker
Pretzels
Piece of Whole Grain Toast
Granola
Half of an English Muffin
Whole Grain Dinner Roll
Whole Grain Tortilla Chips