

Quick Snack Ideas for Families

Here are a few simple snack ideas for your family:

- Cheese Cubes with Fruit
- String Cheese and Juice
- Hard boiled eggs
- Bran muffin with apple slices
- Graham crackers and peanut butter
- Lunch meat and whole wheat crackers
- Cottage Cheese and Canned Pineapple or Peaches (or sliced cucumbers and carrots)

Try a Simple Fruit Pizza

Whole grain tortilla

Vanilla Yogurt

Fruit

Sprinkle with cinnamon

Take the whole grain tortilla, spread vanilla yogurt on one side, add fruit to the top and sprinkle with cinnamon.