

# Kid's School Snack List

## MEAT

- Turkey slices
- Chicken slices
- Ham rolled up with cream cheese
- Turkey meatballs
- Chicken meatballs



## OTHER PROTEIN

- Hard-boiled egg
- Smoked salmon slices
- Smoked salmon rolled up with cream cheese
- Frittata bites
- Tofu cubes



## DAIRY

- Greek yoghurt with fruit
- Yoghurt cups
- Cheddar cheese cubes
- Cottage cheese with fruit
- String cheese



## VEGETABLES / LEGUMES

- Celery sticks with cream cheese
- Cucumber slices with cream cheese
- Cucumber sticks with hummus
- Cucumber sticks with tzatziki
- Carrot sticks with hummus
- Kale chips
- Edamame beans
- Olives
- Zucchini chips
- Sliced bell peppers with guacamole
- Roasted chickpeas
- Broccoli florets with yoghurt dip
- Mini bell peppers stuffed with cream cheese
- Black bean dip with veggie sticks
- Roasted cauliflower bites with tahini



## GRAIN AND WHOLEGRAIN SNACKS

- Pita bread dippers
- Rice cakes
- Flaxseed crackers
- Wholegrain crackers
- Oat crackers
- Wholegrain pretzels
- Wholegrain bagels & cream cheese
- Wholegrain tortilla chips with salsa
- Graham's crackers / digestive biscuit



## FRUIT

- Blueberries
- Raspberries
- Blackberries
- Strawberries
- Sliced grapes
- Kiwi slices
- Mango slices
- Apple slices
- Banana slices
- Melon cubes
- Watermelon cubes
- Rainbow fruit skewers
- Avocado slices
- Mandarin / tangerine segments
- Dried apricot
- Raisins
- Dates



## OTHER

- Coconut chips
- Nut free low sugar granola bar
- Nut free low sugar flapjack
- Homemade oat cookies with raisins
- Energy balls made with dates
- Seaweed crackers
- Homemade apple/banana muffins