

SNACK BREAK

1



FRUIT

Apples, bananas, oranges, melon balls, grapes, peaches, raisins, dried fruit, pears, and berries

2



DAIRY

Light yogurt, smoothie, light string cheese, skim milk, and low fat cottage cheese

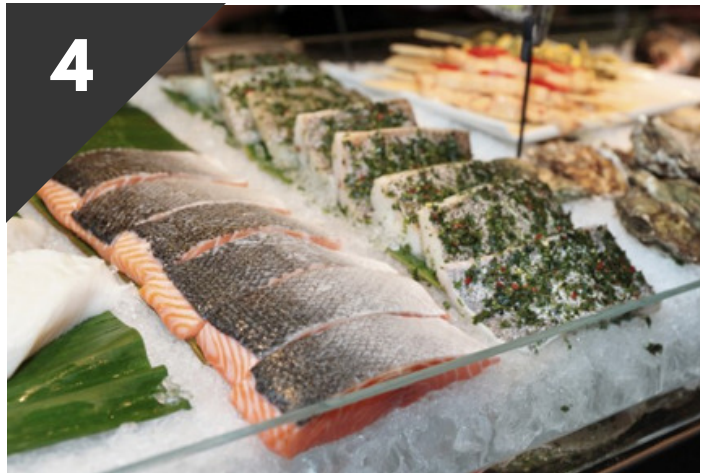
3



WHOLE GRAIN

100% whole wheat bread, mini bagels, sandwich thin, pita, tortilla, popcorn, and whole grain goldfish

4



PROTEIN

Lean deli meat, tuna, nuts, beans, peanut butter, and grilled meats

5



DIPS

Hummus, peanut butter, light ranch dressing, salsa, light cheese dip, and guacamole

6



VEGETABLES

Baby carrots, celery sticks, cucumber, broccoli, cherry tomatoes, edamame, and salad

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