

Kindergarten Nutrition Break Ideas List

Look for Nutriman to point out healthy snack options at Paulbeck's County Market and Gramma's Pantry!!!



One Cup Container	Paulbeck's County Market Ideas	Gramma's Pantry Ideas
FULL 1 cup	Small whole fruit Cubed fresh fruit Cut-up veggies Baked chips Mini rice cakes Puffed Corn Popcorn Canned Green or Wax Beans Half Sandwich	Que Pasa or Garden of Eatin' Chips Mothers Peanut Butter Bumpers Cereal
¾ cup	Unsweetened cereals Pretzel sticks Crackers Fruit Cereal Bar - cut up Animal crackers ½ bagel + cream cheese Small lowfat yogurt	Alexia Snacks TLC Crackers Late July Mini Crackers
½ cup	Canned fruit in juice Applesauce Thawed frozen fruit Goldfish Teddy grahams Chex Mix Small bran muffin Sliced banana bread Tortilla roll-up slices	Stretch Island Fruit Leathers Kinni Kritters Animal Cookies Bulk Sesame Sticks
¼ cup	Granola Dried fruits Nuts Trail Mix Cheese Cubes String Cheese Hummus Dip	Ezekial Granola Bulk Soy Nuts Dried Fruits Apple Rings Sun Seeds Banana Chips Hummus Dip Guava Fruit Slices

This is not an exhaustive list, only a portion of available healthy snack options. Feel free to send other healthy snacks as you see fit. WIC Shopping List choices are all acceptable snack options or ingredients also.