




## Preschool Approved Snack Items

APPLE SLICES	CELERY STICKS
BANANAS	BROCCOLI FLORETS
ORANGE SLICES	CAULIFLOWER FLORETS
GRAPES	ZUCCHINI ROUNDS OR SPEARS
STRAWBERRIES	STRING CHEESE
BLUEBERRIES	CHEESE CUBES
RASPBERRIES	PLAIN AND VANILLA REGULAR OR GREEK YOGURT
BLACKBERIES	HUMMUS
SLICED WATERMELON	PEANUT BUTTER/OTHER NUT BUTTERS
PEACH SLICES	COTTAGE CHEESE
PINEAPPLE	NUTS (CASHEWS, WALNUTS, PECANS, ALMONDS)
CANTELOPE	SLICED LEAN TURKEY OR CHICKEN
HONEYDEW	ROASTED CHICKEN
CARROT STICKS	
SUGAR SNAP PEAS	
SLICED CUCUMBERS	
GRAPE TOMATOES	
CHERRY TOMATOES	
SLICED BELL PEPPERS	

Fruit and vegetable snacks must be fresh; not dried, canned, or otherwise preserved





## Preschool Unacceptable Snack Items

POTATO CHIPS	CEREAL
CORN CHIPS	GO-GURT
COOKIES	TRIX YOGURT
CANDY	CUPCAKES
GRANOLA BARS	PRETZELS
CRACKERS	CHEX MIX
GOLDFISH	CHOCOLATE
FRUIT LEATHER	TEDDY GRAHAMS
FRUIT SNACKS	ANIMAL CRACKERS
DRIED FRUIT	GRAHAM CRACKERS
CANNED FRUIT	HIGHLY PROCESSED SANDWICH MEATS
PICKLES	HANDI-SNACKS
PROTEIN BARS	FRUIT ROLL UPS
PROTEIN SHAKES	CHEEZE-ITS
MUFFINS	POPCORN
BAGELS	RICE CAKES
PASTRIES	SLIM JIMS
POP TARTS	

