

Healthy Snack that may be served at Desert Sun

Grains

Crackers that are whole grain
Bread, English muffin, bagel, tortillas, waffles, pancake whole grain
Whole grain cereal
Graham Crackers
Rice cakes
Pretzels whole grain - 4 and up

Legumes

Beans – kidney, black, garbanzo, pinto, white bean, vegetarian refried beans etc.
Hummus

Fruit - Frozen or Fresh

Apples
Oranges
Bananas
Berries – strawberries, blackberries, raspberries, blueberries)
Peaches
Raisins
Pineapple
Melons – watermelon cantaloupe, honeydew
Exotic fruits – star fruit, mango, papaya, kiwi
Pomegranate
Coconut
Naturally sweetened applesauce
Pears

Vegetables

Cucumbers	soybeans
Carrots - 4 and up	peas
Zucchini/squash	peppers –green, red, yellow
Celery 4- and up	
Tomatoes	
Broccoli	
Green beans	
Jicama	
Spinach	
Lettuce	
Potatoes/ sweet potatoes	
Avocados	
Cauliflower	
Artichokes	

Dairy

Whole milk for children 12 to 24 months

1% low fat or fat free milk for all children over two years of age

Low fat plain yogurt

Low fat cheese such as mozzarella, muenster, low fat cheddar or any other cheese

Low fat cottage cheese

Low fat cream cheese (not considered a food group)

Juice

100% juice – apple, white grape, orange etc. Limit 100% juice to no more than one 4 oz. serving per day.

Lean Meat and protein

Turkey or chicken slices

Ham for green eggs and ham

Tuna

Eggs – hard boiled, scrambled

Condiments/Extras

Salsa

Dips (plain yogurt, low fat cream cheese,

100% maple syrup

Honey

Agave nectar

100% fruit spread

Ketchup

Mustard

Frozen Treats

Must be 100% juice or fruit

Ice Cream should be made with natural ingredients

Snack guidelines

Children 12 months-24 months should be served whole milk

1% low fat milk or fat free milk for all children over two years of age

100% fruit juice must be served and no more than one 4 oz. serving per day

Children younger than four cannot be served:

Hot dogs

Carrots

Whole grapes

Nuts popcorn

Raw peas

Hard pretzels

Peanut butter

