

# Snack Suggestions

## HEALTHY CHOICES SUGGESTED SNACK SCHEDULE

Make the *choice* to eat healthier this school year!

Northside's *Wellness Committee* hopes that the following suggestions will help you in planning your child's '*snack for the week*'.

Cut here and place somewhere that is easily accessible



WEEK OF:	SUGGESTED SNACK
October 17	Sliced oranges
October 24	Sliced cucumbers
October 31	Cream cheese and celery sticks
November 7	Raisins
November 14	Pretzels
November 21	Cheese and Crackers
November 28	Jello
December 5	Turkey cheese Rollups
December 12	Ham and cheese Rollups
December 19	Applesauce
January 3	Carrots and celery sticks
January 9	Cheese Sticks
January 17	Apricots
January 23	Oranges
January 30	Clementines
February 6	Pretzels or bananas
February 13	Carrots and celery sticks
February 27	Cheese and Crackers
March 5	Your choice of a fruit
March 12	Granola
March 19	Yogurt
March 26	Carrots and celery sticks
April 2	Pretzels or bananas
April 16	Cheese and Crackers
April 23	Granola
April 30	Apples
May 7	Cream cheese and celery sticks
May 14	Granola
May 21	Deli Meat and Cheese Rollups
May 29	Applesauce
June 4	Chips and Salsa
June 11	Orange slices
June 18	Healthy snack of your choice*****
<b>Daily:</b>	*****PLEASE BE AWARE OF ANY PEANUT or other food allergies in your child's class. ☺*****
<ul style="list-style-type: none"> <li>• Water (to hydrate the brain)</li> <li>• Milk</li> <li>• 100% Juice</li> </ul>	

