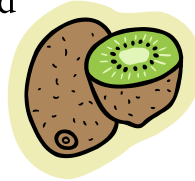


Snacks from A to Z

- A:** Apples, Applesauce, Apricots, Acorn Squash, Asparagus, Avocado, Artichoke
- B:** Bananas, Blueberries, Broccoli, Black Beans, Black-eyed Peas, Bagels, Bread, Beef
- C:** Carrots, Clementine, Cherries, Cantaloupe, Corn, Chickpeas, Cauliflower, Cucumbers, Cranberries Cornbread, Chicken, Cheddar Cheese, Crackers, Cottage Cheese, Cereal
- D:** Dried Fruit, Dates, D'Anjou Pear
- E:** Endive, Eggs, English Muffin
- F:** Fruit Cocktail, Fruit Kabobs, Figs, Fish Crackers
- G:** Grapes, Grapefruit, Garbanzo Beans, Green Beans, Graham Crackers, Granola
- H:** Hummus, Huckleberry, Honey Dew Melon, Ham
- I:** Ices (made with 100% juice), Italian Bread
- J:** Juice (100%), Jicama
- K:** Kiwi, Kale, Kumquat, Kohlrabi
- L:** Lettuce, Lentils, Lemon Yogurt
- M:** Mangoes, Melon, Mushrooms, Milk (low-fat/fat-free), Mozzarella Cheese, Muffins, Meat
- N:** Nectarines, Nuts, Noodles
- O:** Oranges, Okra, Oatmeal, Oatmeal Cookies
- P:** Peaches, Pears, Papaya, Pineapple, Plums, Prunes, Pomegranate, Pumpkin, Peppers, Pork, Pizza, Pancakes, Pasta, Pita Bread, Pretzels
- Q:** Quesadillas, Quinoa, Quiche
- R:** Raisins, Raspberries, Rhubarb, Rice (brown), Rice Cakes
- S:** Strawberries, Spinach, Star Fruit, Squash, Sweet Potatoes, Swiss Cheese, String Cheese, Salsa, Sunflower Seeds, Snap Peas, Smoothies
- T:** Tangerines, Tomatoes, Tuna, Tortillas, Turkey, Trail Mix, Toast
- U:** Ugli Fruit
- V:** Vegetable Soup, Vegetables
- W:** Watermelon, Water Chestnuts, Whole-wheat bread, Waffles, Wraps
- X:** Xigua (she-gwah) Chinese name for watermelon, X-Ray Vision Carrots
- Y:** Yams, Yogurt
- Z:** Zucchini, Ziti



When selecting grain based foods look for whole-grain options.
Be aware of food allergies and foods that may cause choking.