



Fruit

Apples with Cinnamon
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Grapefruit
Grapes
Kiwi
Melon
Mango
Peaches
Pears
Pineapple
Plums
Raspberries
Strawberries
Star fruit
Watermelon

Vegetables

Baby Carrots with hummus dip
Broccoli Florets
Cauliflower Florets
Celery Sticks with ranch dip
Chick Peas/Garbanzo beans
Cucumbers
Edamame
Kale Chips
Peppers
Snap Peas
String Beans
Sweet Potato Chips

Whole Grain/Carbs

Whole grain crackers
Whole grain goldfish
Whole wheat pita bread
Brown rice cakes

Other

Plain Oatmeal w/ Cinnamon
Hard boiled eggs
Air-popped popcorn



Dips

Plain Greek Yogurt –or low sugar yogurt
Hummus
Ranch dip

Dairy

Low-sugar Yogurt
Low-fat cheese

