IDEAS FOR YOUR SNACK BAG

Dry unsweetened cereal
Fresh fruit
Rice cakes
Raisins or other dried fruits
Pretzels
Graham crackers
Low-fat granola bars
Baked chips
Low-fat crackers
Vanilla wafers
Bottled water

ADDITIONAL ITEMS

Vegetable sticks or baby carrots
Yogurt
Pudding
Cottage cheese
String cheese
Juice boxes