



GSLP Snack Suggestions

According to NC State Regulations, snacks must be store bought. (No peanut products please)

- Crackers, goldfish, animal crackers, pretzels, graham crackers, cheerios, fig newtons, vanilla wafers
- Muffins or quick breads made with fruit or vegetable (blueberry, banana, pumpkin, apple, carrot, zucchini, etc.)
- Bread sticks with soft cheese dip
- Sliced or cubed cheese, mozzarella cheese sticks
- Sliced apples, pears, grapes (seedless and cut in half), bananas, mandarin oranges, strawberries, cantaloupe
- Carrots, cucumber, celery and dip
- Cream cheese on apples, rice cakes, $\frac{1}{2}$ bagel or bread
- Trail mix (raisins, cheerios, pretzels, dried fruit - NO NUTS)