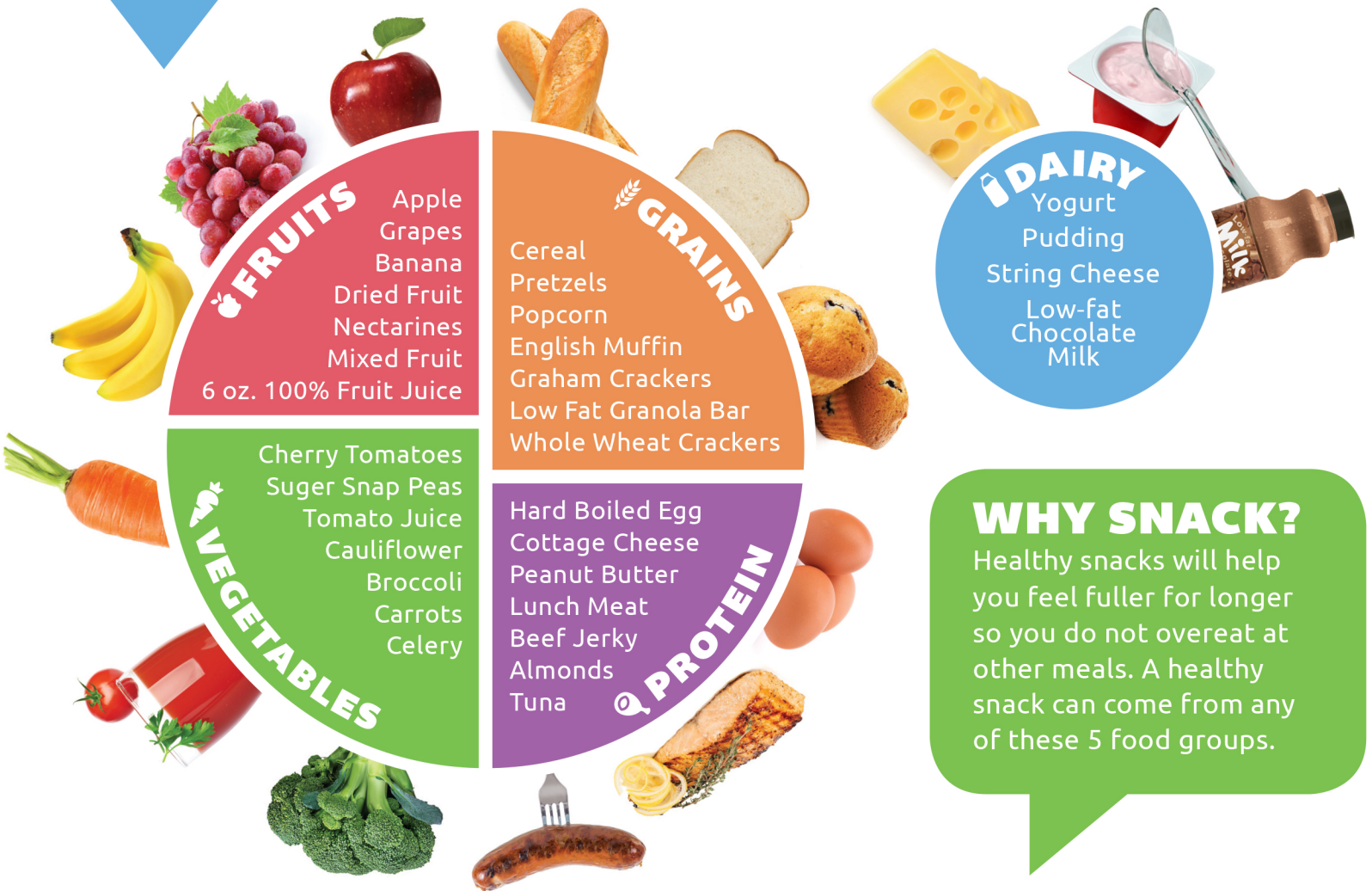


GOT SNACKS?



COMBINATION SNACK IDEAS

SNAP CRACKLE POP

Mix popcorn and pretzels with 1/2 cup of shredded cheese.

YOGURT PARFAIT

Mix 1/2 cup mixed fruit & 1/4 cup granola with low-fat yogurt.

BUGS BUNNY

Carrots served with 2 Tbsp of low-fat ranch dressing & whole wheat crackers.

MORNING SUNSHINE

Low-fat chocolate milk with an apple.

GREEN WRAPS

Wrap cheese, turkey, & mustard inside a leaf of lettuce.

MUFFIN TOP

1/2 English muffin topped with peanut butter.

OR TRY...

Tuna & crackers

String cheese & cherry tomatoes

Cheese & crackers

Celery & peanut butter

1/2 cup of cottage cheese & fruit

Created by:

 **AMERICAN DAIRY**
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Find more information and resources at:

DRINKMAINMILK.ORG

