



As you're working on your back to school menus, here are some ideas for healthy and nut-free snacks:

Sliced Fruit	Pumpkin or sunflower seeds
Fruit cups	Chumus and veggies
Applesauce	Soy nut butter with celery or rice cakes.
Dried fruit	Whole grain animal crackers.
Vegetable sticks	Spelt or whole wheat pretzels.
Whole wheat crackers	Cheese and rice cakes/crackers.
Whole grain cereals	Cream cheese with rice cakes
Baked tortilla chips	Combo of the above, such as: cheerios, raisins, seeds (a few chocolate chips)
Whole grain pita chips	
Low fat Popcorn	
Rice cakes	For morning snack with ice-pack in lunch:
Roasted garbanzo beans	Hard-boiled egg
Granola or cereal bars (look for those low in sugar and fat)	String cheese/cheese cubes
	Yogurt

If you need more ideas or have any questions, please reach out to us!