

#### Healthy snacks options:

- Fresh fruit, fruit salad (suggest each parent prepare a different fruit to cut down on cost)
- Fruit cups packed in juice, not syrup
- Cereal: preferably unsweetened varieties served with low fat milk
- Bagels or mini bagels
- Sandwiches/small subs (turkey and lean ham would be the best options)
- Yogurt...either parfait or the low fat variety with fruit
- Granola bars (simple crunchy kind like nature valley)
- Pretzels
- 100% fruit roll ups
- Trail mix
- Air popped popcorn
- Graham crackers
- Pita with hummus
- Veggie tray/Baby carrots with light ranch
- Mini fruit muffins
- Low fat string cheese (made with skim or part skim milk)

#### Breakfast party ideas:

- 100% fruit juices
- Skim Milk
- Yogurt
- Mini muffins
- Fruit
- French toast sticks
- Low fat granola
- Unsweetened cereal
- Mini waffles

#### Beverages:

- Water (calorie free flavored and/or carbonated are fine)
- Low fat plain (unflavored) milk
- Flavored fat free milk
- 100% fruit or vegetable juice