

XY Learning Center Snack Menu

*Ideas the we use often, each week the menu will change to encourage positive relationships with changing foods

Morning Snack Ideas

Yogurt with granola
Bananas or apples with peanut butter
Oatmeal with apple butter or peanut butter or fruit
Cottage cheese with fruit
Graham crackers with apple butter
Cereal with milk
Bagels with cream cheese
Avocado toast
Melon with crackers
Grits with shredded cheese
Mini pancakes with peanut butter and bananas or apple butter
Waffles with fresh fruit

Afternoon Snack Ideas

Frozen veggie mix and crackers
String cheese with bell peppers
Turkey and pickle roll ups
Cheese and crackers
Broccoli or cauliflower or carrots with ranch
Hummus and fresh veggies
Tzatziki sauce with pita bread and cucumbers
Grape tomatoes with crackers
Cottage cheese with pineapple
Frozen yogurts with pretzels
Pepperoni and carrots
Pretzels with squash
English muffin veggie pizzas
Olives and whole grain crackers
Fruit and veggie smoothies/pouches