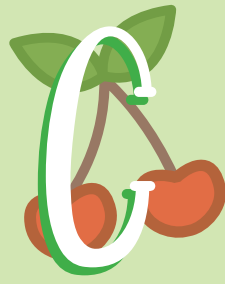




AVOCADO



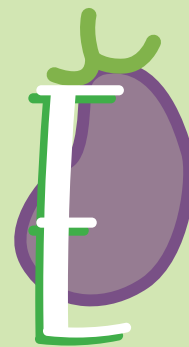
BANANA



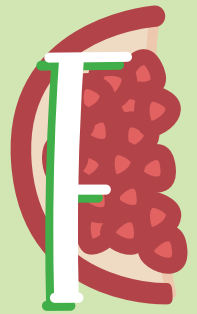
CHERRIES



DATES



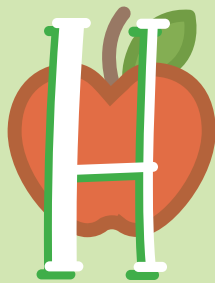
EGGPLANT



FIG



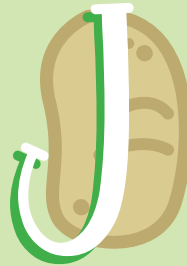
GREEN PEPPER



HONEYCRISP APPLE



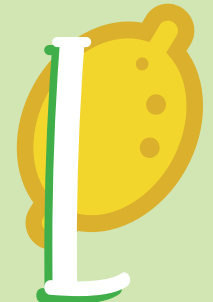
ICEBERG LETTUCE



JICAMA



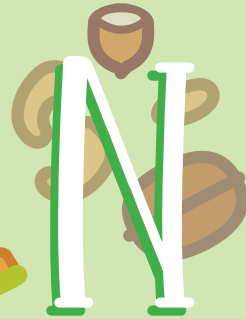
KIWI



LEMON



MANGO



NUTS



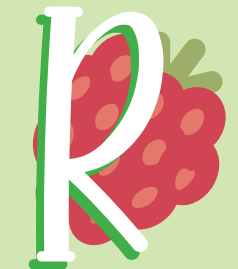
ORANGE



PEAR



QUINOA



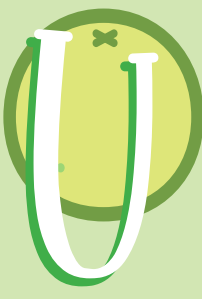
RASPBERRIES



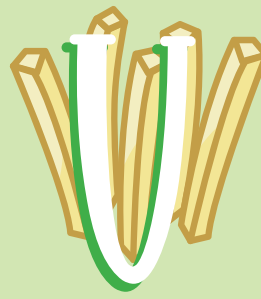
SPINACH



TORTILLA CHIPS



UGLI FRUIT



VEGGIE SLICES



WATERMELON



XYNOTYRO CHEESE



YAMS



ZUCCHINI



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Name _____

The Snack ABC's

Choose nutritious snacks and drinks to fuel your body and brain. Use the blanks to add your own ideas!

A	Applesauce Avocado Toast Almonds	J	Jicama Juice Pops Jerky	S	Sparkling Water Strawberries Sweet Potato
B	_____ Banana Burrito Broccoli	K	_____ Kale Chips Kiwi Kabobs (Fruit or Veggie)	T	_____ Tropical Fruit Salsa* Tuna & Crackers Tortilla Chips & Salsa
C	_____ Cinnamon French Toast* Cottage Cheese Clementines	L	_____ Lemon Water Lettuce Wraps Leftovers	U	_____ Unsweetened Applesauce Unsalted Pretzels Ugli Fruit
D	_____ Diced Veggies Dried Fruit Dates	M	_____ Milk Mango Mixed Berries	V	_____ Veggies with Dip Vanilla Yogurt Veggie Slices
E	_____ Eggs Eggplant Chips Edamame	N	_____ Nectarines Naval Orange Nut Butter & Celery	W	_____ Water Watermelon Whole Grain Crackers
F	_____ Fruit Salad Frozen Blueberries Fruit Water	O	_____ Oatmeal Pancakes Omelet Oat Milk	X	_____ Xigua Popsicle Xynotyro Cheese eXtra Special Favorite
G	_____ Grapes Green Pepper & Hummus Granola and Fruit	P	_____ Popcorn Pretzels & Hummus Pears	Y	_____ Yogurt Parfait Yogurt Dipped Fruit Yams
H	_____ Hummus with Veggies Honeycrisp Apple Honeydew	Q	_____ Quesadilla Quick Veggie Roll Up* Quinoa	Z	_____ Zucchini Sticks Zesty Dip & Carrots Ziti & Veggies
I	_____ Ice Water Iceburg Lettuce Salad Instant Oatmeal & Fruit _____	R	_____ Rainbow Fruit Pizza* Red Peppers Rice Cakes _____		

***Find the recipe at**
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