

Build Your Own Snack Box



FRUITS

- ☐ Strawberries
- ☐ Blueberries
- ☐ Apple slices
- ☐ Grapes
- ☐ Banana slices
- ☐ Pineapple chunks
- ☐ Orange segments
- ☐ Dried cranberries

VEGGIES

- ☐ Baby carrots
- ☐ Cucumber slices
- ☐ Celery sticks
- ☐ Cherry tomatoes
- ☐ Sugar snap peas
- ☐ Bell pepper strips
- ☐ Spinach leaves

PROTEIN

- ☐ Hard-boiled eggs
- ☐ Mini cheese cubes
- ☐ Mini mozzarella balls
- ☐ Turkey roll-ups
- ☐ Ham roll-ups
- ☐ Peanut butter or almond butter
- ☐ Hummus

CRUNCHY SNACKS

- ☐ Whole wheat crackers
- ☐ Whole-grain pita triangles
- ☐ Mini whole-wheat pretzels
- ☐ Popcorn

DIPS & EXTRAS

- ☐ Ranch dressing
- ☐ Hummus
- ☐ Peanut butter or almond butter
- ☐ Guacamole
- ☐ Greek yogurt

SWEETS

- ☐ Mini cookies
- ☐ Dark chocolate chips
- ☐ Trail mix
- ☐ Mini Muffin



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