

Ultimate ^{Kid} Snack List

Have your kid's favorite snacks on hand for lunches or on-the-go. Use this list to keep an inventory or as a shopping list and stay stocked up for any snack emergency



Protein

Beef
Roast
Ground
Shredded
Pork
Sausage
Pepperoni
Salami
Chicken
Shredded
Chicken
Shredded
Cubed
Salad
Turkey
Sliced
Cubed

Fish
Tuna
Salmon
Eggs
Boiled
Salad
Beans
Whole
Refried

Veggies

Broccoli
Iceberg Lettuce
Romaine Lettuce
Carrots
Cherry Tomatoes
Boiled Potatoes
Peas
Edemame (Soy)
Green Beans
Corn
Avocados
Peas
Chickpeas
Red / Green Peppers
Cucumber
Tofu

Dairy

Cheese
Cheddar
Mozarella
String
Swiss
Cottage
Parmesan bites
Yogurt

Fruit

Grapes
Strawberries
Watermelon
Applesauce
Apple slices
Pineapples
Oranges
Banana
Kiwi
Blueberries
Raspberries
Peaches
Cherries
Mandarin Oranges
Pears
Cantaloupe
Dragonfruit

Sauce / Dipping

Ranch
Ketchup
Mustard
Hummus
Salsa
Spaghetti
Pesto

Grains

Whole Wheat Bread
Pita bread
Bagels
Tortilla
Flour
Corn
Granola
Baked Chips / Crackers
Rice
Fried w/ veggies & egg
Oatmeal (cooked)
Pretzels
Cooked pasta
Bowtie
Ravioli
Spiral

Sides

Pickles
Chips
Crackers
Pita Chips
Dried Fruit
Popcorn
Olives
Nuts

