



MONTESSORI CASA  
INTERNATIONAL

## MCI Snack Suggestions

Snack time is such an important part of our day, not only is it a time for social interaction but an opportunity for children to explore foods that they might not either be exposed to or be willing to try outside of school. Following are some suggestions to help you when selecting food items for your snack week. We hope they are helpful.

### Fresh Fruits & Vegetables – in season

- Apple
- Apricot
- Banana
- Broccoli
- Carrot sticks
- Celery
- Kiwi
- Mango
- Melon
- Orange
- Papaya
- Pear
- Pineapple
- Strawberries
- Tomatoes (red and yellow)

### Dips & Spreads

- Yogurt
- Cottage cheese
- String cheese/cheese cubes or slices
- Hummus
- Fresh vegetables

### Grains (whole grains)

- Mini Bagel
- Crackers – whole wheat, rice
- Goldfish
- Granola – with yogurt
- Graham Crackers
- Cereal
- Tortillas
- English muffins
- Pretzels
- Pita bread
- Pita /corn chips
- Cornbread