

TAKE YOUR CHOICE: 50 HEALTHFUL SNACKS

1. Pumpernickel Bread
Tangerine
2. Muffin
Grapefruit Juice
3. Cookies
Plums
4. Rice
Peaches
5. Cinnamon Roll
Pineapple Juice
6. Whole-wheat Toast
Tomato Juice
7. Waffle Square
Strawberries
8. Zwieback
Coca made with Fluid Milk
9. Graham Crackers
Apricots
10. Raisin Toast
Orange Juice
11. Oatmeal Cookies
Milk
12. Muffin
Apple Juice
13. Pilot Bread
Cherry Tomatoes
14. Oatmeal Bread
Melon
15. Gingersnaps
Applesauce
16. Saltines
Vegetable Sticks
17. Toast
Grapefruit Section
18. Breadstacks
Tomato Juice
19. English Muffin
Grape Juice
20. Tortillas
Pineapple Chunks
21. Banana Bread
Milk
22. Biscuit
Buttermilk
23. Granola
Orange Juice
24. Bulgur
Prunes
25. Cinnamon Toast
Pineapple Juice
26. Bagel
Orange Slices
27. Corn Bread
Baked Apple
28. Fry Bread
Banana Slices
29. Soft Pretzel
Pears
30. Bran Muffin
Apple
31. Boston Brown Bread
Fruit Cocktail
32. French Bread
Pears
33. Orange Juice
Hard-Cooked Egg
34. Tortilla
Refried Beans
35. Crackers, Saltine
Cheese
36. Cheese
Pizza Crust (Bread)
37. Pig in a Blanket
(meat and biscuit)
38. Peanut Butter
Enriched Bread
39. Fruit Cup
Cheese
40. Do-It-Yourself
Milk
41. Rye Wafers
Orange Juice
42. Apple Rings
Peanut Butter
43. Graham Crackers
Milk
44. Whole-Wheat Toast
Orange-Grapefruit Juice
45. Cucumber and Carrot Coins
Cottage cheese
46. Bagel, Cheese and Pickle Kabobs
Tomato Juice
47. Bran Muffin
Milk
48. Whole-Wheat Breadsticks
Fruit Cup
49. Cottage Cheese Mixed with Crushed Pineapple
English Muffin
Milk
50. Fruit Kabobs
Cheese fingers