

Snacks and Finger Foods

Applesauce
Apple wedges
Banana slices
Berries
Broccoli flowerettes
Cabbage wedges
Carrots (cut in small pieces)
Cauliflowerets
Celery sticks (may stuff with peanut butter or cheese)
Cheese cubes
Crackers with peanut butter
Dried peaches
Dried pears
Fresh peach wedges
Fresh pear wedges
Fresh pineapple sticks
Fruit juice – orange or other juices fortified with Vitamin C
Grapefruit sections (seeded)
Green beans (lightly cooked)
Green pepper sticks
Meat cubes
Melon cubes
Orange sections
Pitted plums
Pitted prunes
Puddings (lightly sweetened)
Tangerine sections
Tomato wedges
Turnip sticks
Zucchini sticks