

## **VEGETABLES**

- Carrots - Publix has all kinds of shapes
- Broccoli
- Snow peas
- Sugar snap peas
- Cucumber sticks
- Zucchini sticks
- Pepper sticks
  - Can include a little container of ranch to dip the veggies in

## **FRUITS**

- Apples
- Oranges
- Pears
- Peaches
- Nectarines
- Grapes - red and green
- Bananas
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Watermelon
- Cantaloupe
- Pineapple
- Dried fruit
- Raisins

## **DAIRY**

- Yogurt
- Cubes of cheese
- String cheese

## **OTHER**

- Edamame
- Olives
- Hard boiled eggs
- Squeezies
- Hummus
- Air popped popcorn
- Chips and guacamole
- Rice