

# Snack Tray Ideas

## Fruits (frozen, dried, or raw):

Apples  
Apricots  
Asian Pears  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Craisins  
Dates  
Dried Fruit (without preservatives or sweeteners)  
Figs  
Fruit Leather  
Grapefruit  
Grapes  
Kiwi  
Mandarin Oranges  
Mangos  
Nectarines  
Oranges  
Peaches  
Pears  
Pineapple  
Plums  
Raisins  
Raspberries  
Strawberries  
Tangerines  
Trail Mix

## Vegetables (frozen, raw, steamed, canned, dried, or roasted):

Asparagus  
Avocado  
Beets (careful, they stain!)  
Bell Peppers  
Broccoli  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumber  
Edamame  
Green Beans  
Jicama  
Lima Beans  
Mushrooms  
Nori  
Olives  
Peas  
Pickled Vegetables  
Potatoes  
Snow Peas  
Spinach  
Sprouts  
Squash  
Sweet Potatoes  
Tomatoes  
Turnips  
Zucchini

## Protein:

Almonds  
Beef Jerky  
Black Beans  
Cannellini Beans  
Cashews  
Cheese (cubed or sliced)  
Chicken (cubed or shredded)  
Chickpeas  
Deli meat (cubed or roll-ups)  
Eggs (hard boiled)  
Fish Sticks (preservative-free)  
Ham  
Hot Dogs (nitrate-free)  
Kidney Beans  
Peanuts  
Pinto Beans  
Pistachios  
Pumpkin Seeds  
Sunflower Seeds (shelled)  
Tofu (cubed)  
Trail Mix

## Carbs/Grains:

Bread (whole-grain)  
Cereal (whole-grain)  
Cheerios  
Crackers (whole-grain)  
Graham Crackers  
Granola  
Granola Bars  
Homemade Muffins  
Pancakes  
Pasta (whole-grain, cooked)  
Pita Bread  
Popcorn (plain, air-popped)  
Pretzels (unsalted)  
Rice (cooked)  
Rice Cakes  
Tortellini (cooked)  
Tortillas  
Tortilla Chips  
Waffles

## Dips:

Applesauce  
Honey  
Hummus  
Jam  
Ketchup  
Maple Syrup  
Molasses  
Nut Butter  
Pasta Sauce  
Peanut Butter  
Salad Dressing  
Salsa  
Yogurt