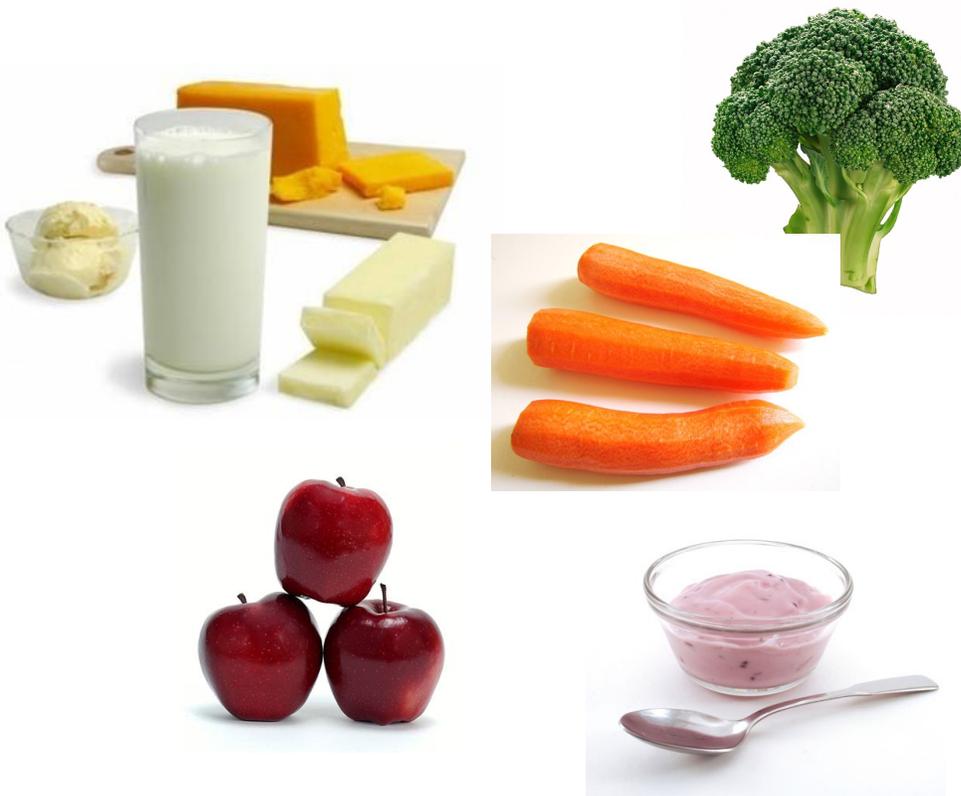


I'm hungry for a snack!



Snacks are good for you when you choose something healthy.



In the middle
of the
morning I can
have:

MILK, CHEESE,
YOGURT, NUTS,
FRUIT, CEREAL,
JUICE, PEANUT
BUTTER, OR A
BREAKFAST BAR.

A SANDWICH, A
GLASS OF MILK,
FRUIT, SOUP,
CEREAL, NUTS,
OR VEGETABLES
WITH A DIP,

After school I
can have
some of these!

In the
evening I
can have:

CRACKERS AND
CHEESE, A GLASS
OF MILK, A
SANDWICH
SQUARE, OR
PRETZELS.

