



Mt. Pleasant Christian Academy  
2516 Squirrel Hill Road  
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### **Suggested Healthy Snack and Lunch Ideas**

Apple Slices  
Applesauce  
Bananas  
Dry Cereal (non sugar)  
Cheese (Chunks, sticks or string)  
Chicken Nuggets  
Crackers (graham, saltine, Ritz etc...)  
Cucumber Slices  
Celery sticks, Carrots with dressing  
Fresh Fruit  
Grapes (seedless)  
Melon Chunks  
Oranges  
Popcorn  
Pretzels  
Rice Cakes  
Sandwiches (no peanut butter)  
Tuna  
Small juice/Milk  
Yogurt

To help eliminate confusion, you may place your child's snack in a plastic bag and label it with his/her name and the word "snack"

Please remember peanuts or nut products are not allowed due to allergies.