

### **CRISPIES**

**Chips** 

**Pretzels (all types)** 

**Popcorn** 

**Crackers** 

Granola

**Veggie Straws** 

# STRAIGHT OUTTA THE FREEZER

**Bagels (quartered)** 

**Waffles** 

**Mini Pancakes** 

**Mini Bagels** 

**Muffins** 

**Toast (cut in strips!)** 

**French Fries/Tots** 

**French Toast Sticks** 

Pizza (cut small!)

Pizza Bagels/Rolls

## **TREATS**

It's always fun to sprinkle a few sweet treats on the board!

#### **KEEP THEM FULL!**

Cheese: sticks, slices, whips, cubes, spreads, etc.

**Meat sticks or Jerky** 

**Cups or packets of Nut Butters** 

**Gogurts or Yogurt Cups** 

**Parmesan Crisps** 

**Hummus** 

**Chicken Nuggets** 

Dips (Nutella, Salsa, Guac, etc.)

**Hard Boiled Eggs** 

**Nuts and Seeds** 

**Trail Mix** 

## **EASY FRUIT & VEG**

**Celery Sticks** 

**Baby Carrots** 

**Bell Pepper Slices** 

**Cucumber Rounds** 

**Sugar Snap Peas** 

Slices of Apple, Watermelon, Pears

or Peaches

**Grapes or Berries** 

**Pineapple Chunks** 

**Applesauce Pouches** 

**Dried Fruit or Freeze Dried Fruit** 

Olives

**Pickles**