



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
● Veggie Chips	● Sliced Apples	● Baked Pretzels	● Carrot Sticks	● Low Fat Popcorn
● Assorted Yogurt	● Goldfish Pretzels	● Fresh Grapes	● Cheese and Crackers	● Sun Chips
● Animal Zoo Crackers	● Sliced Apples	● Baked Pretzels	● Low Fat Pop Corn	● Carrot Sticks
● Apple Cinnamon Crackers	● Fresh Grapes	● Sun Chips	● Cheese and Crackers	● Low Fat Pop Corn