



A Place To Grow Learning Center Approved Breakfast and Snack List

Proteins:

Eggs, hummus, low sugar yogurt, cheese (includes cottage and cream cheese),
Wow Butter (peanut butter substitute), milk

Grains:

Low sugar oatmeal, whole grain cereals (Cheerios, Kix, Chex, Life), crackers (animal,
graham, goldfish, oyster, Annie's), plain popcorn for preschool and older, whole
grain pancakes and waffles

Fruits

Apples (slices, natural applesauce), melon (cantaloupe, watermelon, honeydew),
peaches, pears, cuties, bananas, fruit cups in juice (no syrup) 100% fruit juice,
dried fruit (raisins, craisins)

Vegetables:

Cucumbers, carrot sticks, celery sticks, pepper slices, cherry tomatoes,
mushrooms, cauliflower, broccoli, zucchini

Other:

Yogurt covered pretzels and Mott's fruit snacks (contains fruit and vegetable
juice)

All fruits and vegetables must be washed, seeds and skin removed and cut into
slices or sticks. Celery must have the outer ribs removed.