

Healthful Treat Suggestions

Examples of birthday treats that kids enjoy include:

- Fruit kabobs
- Fruit kabobs with yogurt dip
- Sliced veggies with dip or sunbutter
- Cheese and crackers
- Muffins
- Yogurt
- Fruit popsicles
- Sliced apples and cinnamon
- Strawberries
- Popcorn
- Fruit smoothies
- Chips and salsa
- Cheese and turkey quesadillas
- Cheese and turkey sandwiches w/ whole wheat bread
- Cheese and turkey cracker sandwiches
- Bean dip and tortilla chips
- Nachos with shredded cheese, guacamole and salsa
- Turkey and cheese roll ups
- Sunbutter and pretzels
- Sunbutter cracker sandwiches
- Ants on a log w/ sunbutter
- Whole-wheat english muffin pizzas
- Yogurt and granola (no nuts)
- Homemade breads with vegetables or fruit: banana bread, carrot bread, zucchini bread
- Fruit leather cut into squares

