

SNACKS AND TREATS

EXAMPLES OF TREATS YOU MAY EAT:

Peanut Butter Cups
Hershey Bars
M & M's (plain only – NO NUTS!)
3 Muskateers
Mounds
Kit-Kats
Raisinettes
Cheese Puffs & Cheese Balls
Thin Potato Chips
Thin Pretzels
Ritz, Waverly, & Club Crackers
Cheez-Its
Fresh Fruit – Cut into small pieces
Pizza – Cut into small pieces

EXAMPLES OF SOFT FOODS YOU CAN EAT:

Mashed potato's / Gravy
Bananas
Eggs
Macaroni & Cheese
Spaghetti & Noodles
Soup
Applesauce
Pudding & Jello
Oatmeal
Grits
Yogurt
Ice Cream (without nuts) & Milk Shakes

(Version '07)