



Snacks & Treats

EXAMPLES OF TREATS YOU MAY EAT:

Peanut Butter Cups
Hershey Bars
M & M's (plain only – NO NUTS!)
3 Muskateers
Mounds
Kit-Kats
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 Potatoes / Gravy
Bananas & Applesauce
Eggs
Macaroni & Cheese
Spaghetti & Noodles
Soup
Pudding & Jell-O
Oatmeal
Grits
Yogurt
Ice Cream (without nuts) & Milkshakes
Creamy Peanut Butter & Jelly

DRINKS:

Water
Crystal Light
Iced Tea w/ Sweetner (no sugar)
Non-Carbonated Drinks

(Version '12)