Snack list for Youth with Diabetes

SNACKS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Afternoon	Granola Bars	Trading Post	Trading Post	Trading Post	Trading Post
Snack:	Fresh Fruit				
	*Available in dining hall				
	during check-in				
Evening	Cheese and sausage	Popcorn	Cheese and sausage	Sandwiches	None
Snack:	Cubed cheese	Carrots and celery	Cubed cheese	Wheat bread	
	Sliced Sausage	Ranch	Sliced Sausage	Cheese slices	
	Crackers (one kind only)	WOW butter	Crackers (one kind only)	Turkey	
	Granola bars	String Cheese	Granola bars	Ham	
	Fruit	Fruit	Fruit	Mayo	
	Apples	Apples	Apples	Yellow mustard	
	Oranges	Oranges	Oranges	Fruit	
	Bananas	Bananas	Bananas	Apples	
	Any other fruit available	Any other fruit available	Any other fruit available	Oranges	
	SF Kool-Aid	SF popsicles	SF Kool-Aid	Bananas	
	*GF crackers	SF Kool-aid	*GF crackers	Any other fruit available	
	*GF granola bars		*GF granola bars	SF popsicles	
	*DF cheese as needed		*DF cheese as needed	SF Kool-aid	
				*GF bread	
	* SF=sugar free				
	*DF = diary free				
	*GF = gluten free				