

### Snack list for Youth with Diabetes

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