

## GBD Alternatives List

- Fruit Sandwiches
- Soup (Ex. Dip grill cheese in tomato soup.)
- Sweet Potato Hummus
- Fruit Smoothies
- Carrot Raisin Salad
- Jicama Sticks
- Celery and or Peanut Butter on Apples
- Ants on a Log
- Yogurt dip w/fruit and or veggies
- Fruit Salsa w/chips
- Crepes
- Empanada
- Pop Overs
- Pretzels w/ dip
- English buddy (English muffin pb with strawberries and blueberries)
- Bagels w/ cream cheese and fruit
- Party Mix (make your own “trail mix” dried fruit and pretzels)
- Oatmeal Muffins HM or “Muffin Squares)
- Pumpkin Oatmeal
- Quiche
- Cinnamon Sweet Potato “Fries”
- Spiced apple topping
- Yogurt Parfait
- Waldorf fruit salad
- Cheese and Fruits
- String Cheese and Cucumbers
- Bell Peppers w/ Muffins
- Yogurt Smoothie popsicles (yogurt/frozen fruit/fresh fruit)
- Frozen bananas with yogurt and peanut butter
- Watermelon pizza (with blueberries and bananas as toppings)
- Banana boat w/ pb, fruit and yogurt drizzle
- Pb&j or fruit “sushi” (whole grain bread sliced into sushi cuts)
- Fruit Salad and yogurt in an ice cream cone if not cup
- Strawberry dippers (cinnamon/pb/yogurt)
- Hard Boiled egg halves w/ cheese triangles