

# Trader Joe's After School Snack List

## Healthiest Options

- Organic Low Fat Yogurt Squishers
- String Cheese
- Baby Carrots & Hummus (edamame variety is so good!)
- Mandarin Oranges
- Pre-Cut Apple slices
- Mini Bagels topped with TJ almond/peanut butter
- Frozen Fruit (For Smoothies)
- Bagged Nuts & Seeds (Cashews, Almonds, Pumpkin Seeds)
- Dried Fruit (Mangoes, Bananas)
- Unsweetened Apple Sauce

## Packaged Snack Favorites

- Cheddar Rocket Crackers
- Mini Peanut Butter Sandwich Crackers
- Mini Cheese Sandwich Crackers
- Fruit Cereal Bars
- Kids Z Bars
- Cinnamon Alphabet Letter Crackers
- Cereal including Cinnamon Squares and Fruity O's
- Peanut Butter Filled Pretzels
- Honey Wheat Pretzel Sticks
- Soft Pretzels
- Pretzel Rolls
- Frozen Waffles (top with peanut butter for an afternoon treat!)

## Mom Favorites

- Chocolate Covered Blueberries
- Dark Chocolate Peanut Butter Cups
- Green Goddess Salad Dressing (pair with their bagged kale salad!)
- Plantain Chips + guacamole
- Kalamata Olives
- Organic Buffalo Style Hummus
- Everything Bagel Seasoning
- 3 Beet Crackers