



Quick Vegetarian Snacks/Meals for One-Year-Olds

**BANANA SLICES AND PEANUT BUTTER
BLUEBERRIES
CHEERIOS
CHEWY GRANOLA BAR
CUTIES/MANDARINS
CUT UP STRING CHEESE
FIG BARS
FROZEN PEAS, CARROTS AND CORN
FROZEN WAFFLES
GARBANZO/CANNED BEANS
GRAHAM CRACKERS WITH PEANUT BUTTER
GRAPES
GRAPE TOMATOES
HUMMUS AND PEELED CUCUMBERS STICKS
PEANUT BUTTER AND JELLY SANDWICH
RAISINS
SOY YOGURT WITH HEMP SEEDS
SLICED OLIVES**

