**Fruits** (depending on the season for certain fruits)

Apples

Bananas

Pears

Peaches

Plums

Grapes (without seeds)

Clementines

Watermelon

Cantaloup

Pomelo

Strawberries

Blackberries

Blueberries

Raspberries

Nectarines

Oranges

**Other snacks**

Yogurts

Cheese

Tartine (Whole wheat bread and jam)

Apple sauce

Multi-grain cereals

Granola bars

Cereal bars

***All the products are nut free***