



# Snack Ideas

Snacks play an important role in a child's diet. With smaller stomachs and faster metabolisms, children need snacks to keep their bodies and minds functioning between meals. Snacks should be chosen from a variety of nutritious foods to help provide essential nutrients needed for growth and development.

## Grain/Bread

- ◆ Whole Grain Cereal
- ◆ Mini Whole Wheat Bagel
- ◆ Rice Cakes (regular or mini)
- ◆ Whole Wheat Crackers
- ◆ Whole Wheat Tortilla
- ◆ Whole Grain Muffin
- ◆ Oats/Oatmeal
- ◆ Breadsticks
- ◆ Whole Grain Roll

## Meat/Meat Alternate

- ◆ Lunch Meat
- ◆ Low-fat Cheese (i.e. string cheese)
- ◆ Yogurt
- ◆ Beans
- ◆ Eggs



## Vegetables

- ◆ Carrots
- ◆ Celery
- ◆ Cucumbers
- ◆ Broccoli
- ◆ Cauliflower
- ◆ Cherry Tomatoes
- ◆ Peas
- ◆ Beans
- ◆ Zucchini/Summer Squash
- ◆ Salsa

## Fruits – fresh, frozen, canned

- ◆ Apples
- ◆ Applesauce
- ◆ Bananas
- ◆ Grapes
- ◆ Peaches
- ◆ Pears
- ◆ Oranges
- ◆ Pineapple
- ◆ Kiwi
- ◆ Cantaloupe
- ◆ Watermelon
- ◆ Honeydew
- ◆ Berries (blueberries, strawberries, etc.)
- ◆ Cherries
- ◆ Plums
- ◆ Mandarin Oranges
- ◆ Mixed Fruit (canned or cups)



## Snack Combination Ideas

- ◆ Mixture of salsa, dried beans, and cheese served with tortilla chips or rolled in a tortilla
- ◆ Fruit Parfait – Yogurt layered with fruit and sprinkled with granola or cereal
- ◆ Whole grain waffle topped with yogurt and fruit (i.e. canned peaches)
- ◆ Whole grain waffle topped with cinnamon applesauce
- ◆ Tortilla spread with peanut butter and rolled around a banana
- ◆ Yogurt with cereal or graham crackers and/or fruit
- ◆ Banana Split – top a banana with yogurt and sprinkle on whole grain cereal
- ◆ Fill a waffle cone with cut up fruit and yogurt
- ◆ Mini Sandwich - dinner roll or mini bagel with cheese and deli meat or egg/tuna/chicken salad
- ◆ Ants on a Log - Celery filled with light cream cheese or peanut butter and topped with raisins – serve with something like mini bagel or milk
- ◆ Vegetables with a hummus or other low fat dip – serve with a fruit or crackers
- ◆ Whole grain muffin with milk
- ◆ Breadstick with fruit or milk
- ◆ Rice cakes with a fruit or vegetable
- ◆ Salsa with whole grain tortilla chips
- ◆ Yogurt mixed with oats and fruit
- ◆ Mini bagel with fruit or vegetables
- ◆ String cheese with carrot sticks
- ◆ Granola bar with fruit
- ◆ Quesadilla – Sprinkle low fat cheese on a tortilla. Microwave for about 20 seconds or until cheese is melted and add salsa. Cut into wedges or fold in half.
- ◆ Animal crackers with cut up fruit
- ◆ Tortilla Roll-up – spread mustard on a flour tortilla. Top with turkey or ham lunch meat, low fat cheese and lettuce. Then roll up.
- ◆ Applesauce with crackers or cereal
- ◆ Applesauce and peanut butter spread on a tortilla or bagel
- ◆ Applesauce and a muffin
- ◆ Cup of mixed fruit with milk or crackers
- ◆ Pineapple and cottage cheese
- ◆ Fruit kabob dipped in yogurt or served with crackers or cereal
- ◆ Snack kabob with fruit and/or vegetables and low fat cheese
- ◆ Inside-out Sandwich: Spread mustard on deli turkey or ham. Wrap around a breadstick. Serve with milk or veggies.
- ◆ Cucumbers, carrots, or other vegetables and string cheese
- ◆ Hardboiled egg and fruit or grain/bread
- ◆ Frozen Banana Pops -Cut a banana in half, put on a popsicle stick. Dip banana in yogurt and roll in crushed cereal. Freeze.
- ◆ Peanut butter and banana sandwich (bread spread with peanut butter and topped with sliced bananas)



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