

Snack Menu Ideas List

Plan at least two food items from two different columns.

Bread*	Fruit/Vegetable	Meat/Meat Alternate (1	Milk
(1 serving)	(3/4 cup)	oz./equivalent)	(8 fl. oz.)
Animal crackers	Apple Cider	Beef	Skim or Nonfat Milk
Bagels	Apple Sauce	Cheese (cubed, sliced,	Low Fat Milk
Biscuits	Apple Wedges	sticks, melted)	Reduced Fat Milk
Bread	Baked Apples	Chicken	Whole Milk
Breadsticks	Banana (fresh, frozen)	Cottage Cheese	Lactose-Free Milk
Cereal	Blueberries	Eggs (1/2 large egg)	Buttermilk
Cereal Bars	Broccoli	Nuts	Acidified Milk
Chow Mein Noodles	Cantaloupe	Nut butters (2 Tbsp.)	Unflavored or Flavored
Cinnamon Toast	Carrot Sticks	Peanut Butter (2 Tbsp.)	Milks
Cookies (plain, w/nuts,	Cauliflower	Pork	
raisins, chocolate	Celery	Sausage	
pieces or fruit purees)	Cherries	Seeds	
Croissants	Cucumber slices	Seed butters (2 Tbsp.)	
Doughnut	Fruit Cocktail	Turkey	
Dry Cereal Mix	Fruit Juice (100%) -	Yogurt (4 oz.)	
English Muffin	apple, grape, orange,		
French Bread	pineapple, combination		
French Toast Sticks	Grapes (sliced, frozen)		
Graham Cracker	Honey Dew Melon		
Granola Bar (plain,	Lettuce Salad		
w/fruit, nuts, raisins, or	Marinara Sauce		
chocolate)	Nectarines		
Goldfish Crackers	Orange Sections		
Macaroni	Peaches		
Melba Toast	Pears		
Muffins	Peppers		
Noodles	Pineapple		
Oyster Crackers	Plums		
Pancakes Pasta	Potato (baked, mashed) Raisins		
Pizza Crust			
Pretzels (hard, soft)	Raspberries Salsa		
Rice	Squash		
Rice Cakes	Strawberries		
Ritz Cracker	Sweet Potatoes		
Rolls	Tangerines		
Soda Cracker	Tomato Juice		
Soft Tortilla	Vegetable juice		
Toast	Watermelon		
Toaster Pastries	Yams		
Tortilla Chips			
Waffles			
Whole Wheat Bread			
Wheat Thins			

^{*} Based on portion size, some items may require that more than one package is served. Refer to bread/grain crediting chart or manufacturer's product fact sheet/Child Nutrition (CN) label for portion size requirements.