Minnesota Department of

## Educatiơn <br> Snack Menu Ideas List

## Plan at least two food items from two different columns.

| Bread* (1 serving) | Fruit/Vegetable (3/4 cup) | Meat/Meat Alternate (1 oz./equivalent) | $\begin{gathered} \text { Milk } \\ (8 \mathrm{fl} . \mathrm{oz} .) \end{gathered}$ |
| :---: | :---: | :---: | :---: |
| 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 | Potato (baked, mashed) |  |  |
| Pasta | Raisins |  |  |
| Pizza Crust | Raspberries |  |  |
| Pretzels (hard, soft) | 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.

