

Snack Ideas

1. Peaches (A#)/pineapples (C#)/strawberries (C)/blueberries (C#) with cottage cheese
2. Ritz crackers and sliced turkey
3. Apple slices and peanut butter
4. Yogurt with *fruit of choice* (please name fruit)
5. Yogurt with granola
6. PB&J/Turkey Sandwich/Ham Sandwich/Egg salad sandwich (A)/Tomato Sandwich (AC)/Tuna sandwich/Chicken salad sandwich/Pimento & Cheese sandwich, etc....
7. Cheese toast
8. English Muffin with ham or cheese or both
9. Sliced grapes with cheddar cheese cubes
10. Sliced apples with string cheese
11. Cheese (cheddar or Colby or Monterrey Jack, etc....) quesadilla
12. Plain or multi-grain Cheerios/Chex/Kix/Rice Krispies cereals with milk
13. Pineapple juice (C) and Goldfish
14. Cheez-its with tropical fruit (C)
15. Mandarin oranges (AC) and animal crackers
16. Chex cereal and sliced strawberries (C)
17. Broccoli (AC) and cheddar quesadilla
18. Ham, cream cheese and tortilla (rolled and cut, aka, spinwheel)
19. Celery sticks with Ranch and Wheat Thins
20. Triscuits and applesauce
21. Cantaloupe (AC) and low-fat/sugar granola bar
22. Tangerine (AC) and graham crackers
23. Strawberry yogurt and an ice cream cone
24. ½ a toasted bagel with cream cheese and milk
25. Raisin toast and milk
26. Sliced cherry tomatoes (AC) with Ranch and Wheat thins
27. Carrot sticks (A) with Ranch and Triscuits
28. Vanilla Wafers and Peanut butter
29. Blueberry muffin and milk
30. Banana bread and milk
31. Banana pudding with sliced bananas and vanilla wafers
32. Peanut butter toast
33. Trail mix and *fruit of choice* (please name fruit)
34. Kiwi (C) and toast
35. Cauliflower (C) with Ranch and Veggie crackers
36. ½ baked potato (C) with shredded cheddar
37. Grapefruit (C) and rice cakes
38. Pear salad (1/2 pear with shredded cheddar and a tiny bit of mayonnaise)
39. Coleslaw (C) with Captain's Wafers
40. Cucumbers with Ranch and Ritz

** Neither Ranch nor cream cheese counts as a component. All snacks must have 2 components.**