

50 Snack Ideas For Children

As with other meals, recipes and servings need to be standardized for proper age-appropriate contribution to meal requirements. When a menu doesn't have juice or milk, it would be appropriate to provide water as a beverage.

1. Fruit Kabobs: Fruit on a skew served with crackers, pretzels, or other grain item.

2. Pancakes served with fruit sauce.



3. Gorp/Trail Mix - served with Milk or Juice.

4. Yogurt served with Wheat Crackers.

5. Bran Muffin served with Milk, Fruit, or Juice.

6. Peanut Butter on an English Muffin or Bagel.

7. Cinnamon Toast served with Milk or Juice.

8. Rice served with Peaches or other fruit.

9. Hummus with pita chips or crackers.



10. Fresh Cut Fruit with low-fat yogurt dip and crackers – or Fruit with Yogurt.

11. Warm Biscuits
(plain, cinnamon,
cheese)
with juice, milk, or
fruit.

**12. Vegetable Stick
People - served with
Milk.**



**13. Banana or Other
Fruit Muffins served
with Juice or Milk.**

**14. Pineapple Chunks
served with Low-fat
Cottage Cheese.**

**15. Boiled or Deviled
Eggs served with
Crackers, Juice, or
Milk.**

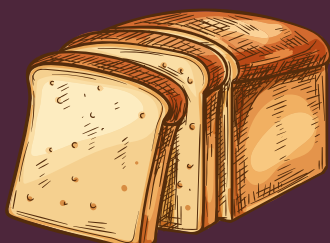
16. Inside Out Roll Ups:
Wrap meat or
low-fat cheese slices
around a bread stick.

17. Ants on a Log:
Celery stalks filled with
peanut butter and
topped with raisins.

**18. Low-fat Cheese
Cubes served with
crackers, fruit, juice
or vegetables.**

**19. Raisin Toast
served with Fruit or
Milk.**

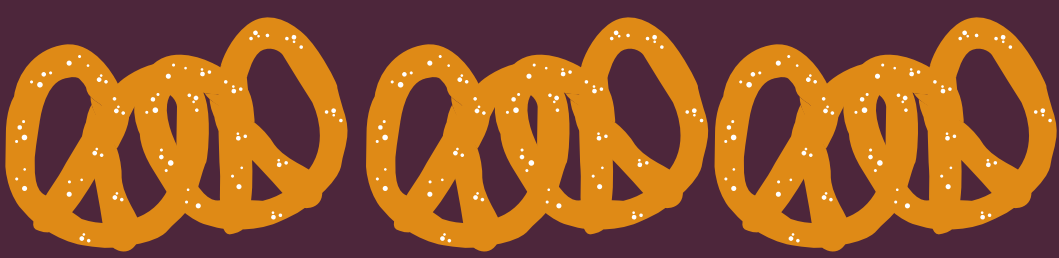
**20. Cheesy Tortilla Roll-
ups:** Spread tortillas
lightly with low-fat cream
cheese or salsa and serve
with crunchy vegetables.



21. Bread Sticks: Soft bread sticks with low-fat or nonfat mozzarella cheese dipped in warm spaghetti sauce.

22. Nutty Tortilla Roll-ups: Spread tortilla with peanut butter, dates, bananas, raisins, or other fruit.

23. Pretzels - served with Milk, Juice, or Ham/Turkey Cubes.



24. Fresh Cut Vegetables with Low-fat or Nonfat Flavored Dips served with crackers.

25. Crackers served with juice, milk, peanut butter, or low-fat cheese.

26. Crunchy Coated Banana Pops: Coat bananas with peanut butter and roll in granola, crisp rice cereal.

27. Grahamwiches: Graham crackers sandwiched together with peanut butter, banana, and cinnamon.

28. French Toast Sandwiches: French toast put together with low-fat cream cheese or peanut butter and fruit, Serve with milk or juice.

31. Yogurt split: banana sliced lengthwise served with scoop of low-fat yogurt and topped with granola or nuts.

30. Fruit Salad - served with Whole Wheat Crackers.



31. Potato Cheese

Burritos: Wrap warm tortillas around the hash browns with shredded low-fat cheese and serve with salsa on the side.

32. Watermelon

Popsicles: blend chunks of seeded watermelon with fresh mint and freeze in paper cups with a popsicle stick.

33. Cowboy caviar with whole-grain tortilla chips.



34. Pumpkin or Zucchini or other bread - served with Juice or Milk.

35. Hot potato hand warmer: A baked potato cut with an X on the end and a low-fat cheese stick inserted.

36. Zoo Sandwiches: cut a low-fat cheese slice with an animal cookie cutter. Place the cheese on bread, and add raisins for eyes.

37. Hard Boiled Eggs served with Juice.



38. Frozen Fruit Mold - served with Crackers.



39. Apple Smiles: Spread the apple wedges with peanut butter and top with raisins or marshmallows to make teeth.

40. Sun Salad : Slice an orange into thin slices. Place pineapple chunks around the slices. Serve with crackers or bread or low-fat cheese cubes.

41. Pita Pocket

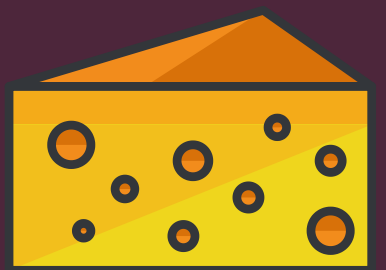
Sandwiches: sliced meats and low-fat cheeses with veggies make great sandwiches.

42. Oatmeal Cookies or Whole Wheat Sugar Cookies - served with Milk or Juice.

43. Fruit Pizza.



44. Macaroni and cheese.



45. Applesauce Cones:

Fill ice cream cones with partially frozen applesauce. Top with sprinkled cinnamon.

46. Meat and Vegetable Kabobs:

low-fat cheese cubes, cooked meat cubes, cucumbers, sweet peppers, or other veggie.

47. Pizza – hot or cold.



48. Vegetable Soup and crackers.



49. Smoothies made on site.

50. Yogurt parfait:

low-fat yogurt layered with fruit or granola.