

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.	Warm Biscuits (plain, cinnamon, cheese) with juice, milk, or fruit	2.	Vegetable Stick People - served with Milk
3.	Banana or Other Fruit Muffins served with Juice or Milk	4.	Pineapple Chunks served with Low-fat Cottage Cheese
5.	Boiled or Deviled Eggs served with Crackers, Juice, or Milk	6.	Inside Out Roll Ups – Wrap meat or low-fat cheese slices around a bread stick.
7.	Ants on a Log – Celery stalks filled with peanut butter and topped with raisins.	8.	Low-fat Cheese Cubes served with crackers, fruit, juice or vegetables
9.	Raisin Toast served with Fruit or Milk	10.	Pretzels - served with Milk, Juice, or Ham/Turkey Cubes
11.	Bread Sticks – Soft bread sticks with low-fat or nonfat mozzarella cheese dipped in warm spaghetti sauce.	12.	Cheesy Tortilla Roll-ups – Spread tortillas lightly with low-fat cream cheese, low-fat cheese spread, or salsa and serve with crunchy vegetables.
13.	Nutty Tortilla Roll-ups – Spread tortilla with peanut butter, dates, bananas, raisins, or other fruit.	14.	Fresh Cut Vegetables with Low-fat or Nonfat Flavored Dips served with crackers
15.	Crackers – Saltines, Flat Breads, Grahams, Triscuits, Wheatables, etc., served with juice, milk, peanut butter, or low-fat cheese	16.	Crunchy Coated Banana Pops – Coat bananas with peanut butter and roll in granola, crisp rice cereal.
17.	Grahamwiches – Graham crackers sandwiched together with peanut butter, banana, and cinnamon, or use other fruits such as dried fruits, raisins, pears, apples, etc.	18.	French Toast Sandwiches or Pancake Roll-ups – French toast put together with low-fat cream cheese or peanut butter and fruit, or pancakes spread with a topping and rolled up. Serve with milk or juice
19.	Fresh Cut Fruit with low-fat yogurt dip and crackers – or Fruit with Yogurt	20.	Fruit Salad - served with Whole Wheat Crackers
21.	Gorp/Trail Mix - served with Milk or Juice	22.	Pancakes served with Applesauce
23.	Pita Pocket Sandwiches – Tuna, Egg, or Chicken Salad - or sliced meats and low-fat cheeses with veggies make great sandwiches. Try drizzling with low-fat yogurt cucumber vegetable dip	24.	Fruit Kabobs – Fruit – apple, banana, cantaloupe, cherries, pineapple, strawberries, and watermelon served with crackers, pretzels, or other grain item.
25.	Bran Muffin served with Milk, Fruit, or Juice	26.	Peanut Butter on an English Muffin or Bagel.

27.	Oatmeal Cookies or Whole Wheat Sugar Cookies - served with Milk or Juice (cookies are ok occasionally!)	28.	Yogurt split – banana sliced lengthwise served with scoop of low-fat yogurt and topped with nuts, granola, or fruit.
29.	Potato Cheese Burritos – Microwave hash brown potatoes. Wrap warm tortillas around the potatoes with shredded low-fat cheese and serve with salsa on the side.	30.	Watermelon Popsicles served with Crackers – Blend chunks of seeded watermelon with fresh mint and freeze in paper cups with a popsicle stick.
31.	Cowboy caviar with whole-grain tortilla chips	32.	Pumpkin or Zucchini or other bread - served with Juice or Milk
33.	Hot potato hand warmer – a baked potato cut with an X on the end and a low-fat cheese stick inserted.	34.	Zoo Sandwiches – Have child cut a low-fat cheese slice with an animal cookie cutter. Place the cheese on a slice of bread. Add raisins or currants for features such as eyes, tail, nose, and ears.
35.	Hard Boiled Eggs served with Juice	36.	Frozen Fruit Mold - served with Crackers
37.	Apple Smiles – Apples (cores removed) cut into wedges. Spread the apple wedges with peanut butter and top with raisins or marshmallows to make teeth.	38.	Sun Salad – Slice an orange into thin slices. Place pineapple chunks around the slices. Serve with crackers or bread or low-fat cheese cubes.
39.	Cinnamon Toast served with Milk or Juice	40.	Yogurt served with Wheat Crackers
41.	Fruit Pizza	42.	Macaroni and cheese
43.	Applesauce Cones – Fill ice cream cones with partially frozen applesauce. Top with sprinkled cinnamon.	44.	Meat and Vegetable Kabobs – low-fat cheese cubes, cooked meat cubes, tomatoes, cucumbers, sweet peppers, and zucchini.
45.	Pizza – hot or cold	46.	Vegetable Soup and crackers
47.	Smoothies made on site	48.	Yogurt parfait –low-fat yogurt layered with fruit or granola
49.	Rice served with Peaches or other fruit	50.	Hummus with pita chips or crackers