

Snack Ideas

Menu Items	Fruit/Veg	Grain/Bread	Meat/Meat Alt.
Ants on a log (raisins & celery = portion) w/peanut butter	X		X
Apple slices with yogurt or cheese or peanut butter	X		X
Bagels (whole wheat mini) and cheese / peanut butter		X	X
Apples, baked with cinnamon bread	X	X	
Potato, baked with cheese	X		X
Banana Dog (banana with nuts or peanut butter)	X		X
Bean burrito on whole wheat tortilla		X	X
Beans and brown rice		X	X
Birds Nest: scrambled egg on whole wheat English muffin		X	X
Blueberry bread and yogurt		X	X
Breadsticks (whole wheat) with pizza sauce and carrots	X	X	
Cereal (whole grain) and banana or kiwis	X	X	
Chicken and kiwi	X		X
Chili with cheese and baked potato	X		X
Cinnamon bread (whole grain) with yogurt		X	X
Cinnamon tortilla (whole wheat) roll-up with homemade fruit salsa or fruit	X	X	
Corn muffin, orange	X	X	
Cottage cheese & melon/fruits or celery & raisins	X		X
Cucumber "fries" & yogurt (cut raw cukes into strips)	X		X
Cucumbers with lime & cheese	X		X
Deviled eggs with whole wheat bread/toast		X	X
Edamame beans and cheese	X		X
Egg (hard cooked) with oranges or broccoli	X		X
Eggplant, tomato & mozzarella sliced, stacked & baked	X		X
English muffin or bagel (whole wheat) pizza		X	X
French toast (whole wheat) and fruit	X	X	
Gingerbread (whole wheat) with apples	X	X	
Green peppers, sliced, with cheese cubes	X		X
Hummus with vegetables, cucumber or whole wheat pita bread	X or	X	X
Mango with turkey	X		X
Sandwich (whole wheat bread/buns), 1/2 sloppy joes, meal, cheese, or tuna, etc.		X	X
Noodle or rice stir fry with vegetables	X	X	
Pancake (whole wheat) and applesauce / strawberries	X	X	
Pasta (whole grain) and vegetables (hot or cold)	X	X	
Pasta salad (whole grain) with cheese or tuna		X	X
Peanut butter sandwich (1/2) on whole wheat toast		X	X
Pita bread (whole wheat) with turkey & cucumber -yogurt dressing		X	X
Potato, cooked with beans and yogurt	X		X
Potato salad with ham slice	X		X
Potato pancake with plain yogurt and applesauce	X		X
Quesadilla cheese and/or chicken		X	X

Menu Items	Fruit/Veg	Grain/Bread	Meat/Meat Alt.
Rice (brown) with cinnamon and baked apples	X	X	
Salad with meat/cheese	X		X
Soft pretzel with melon	X	X	
Soup, cornbread, yogurt		X	X
Soy nut or sunflower butter on rye bread		X	X
Toasted cheese sandwich on whole wheat bread		X	X
Tomato stuffed with cottage cheese	X		X
Tomatoes (cherry or mini) and mozzarella cheese	X		X
Tortilla (whole grain) wedges or rounds with melted cheese/beans		X	X
Trail mix (homemade) with fruit	X	X	
Tuna or egg salad sandwich (on whole wheat bread)		X	X
Turkey rolled with pureed raspberries	X		X
Vegetables and a cheese stick with ranch dressing	X		X
Waldorf / fruit salad; apples, grapes, walnuts and yogurt	X		X
Wraps/roll-ups (whole wheat): cheese / peanut butter/ egg / meat salad		X	X
Wraps (whole wheat): cheese and corn - heated	X	X	
Yogurt and whole grain cereal; granola or whole wheat toast		X	X
Yogurt and fruit parfait (homemade)	X		X
Yogurt and graham sandwich; freeze until solid		X	X
Yogurt smoothie with fruit (homemade)	X		X



Snack Ideas is revised from the Child and Adult Care Food Program "Snack Ideas From Training Classes."

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