Sample Snacks

From Menus Around The Country

- Lowfat Yogurt (4 oz.)
  Orange (1 medium)
  Water
- Alphabet Shaped Pretzels (1 package)
  100% Orange Juice (3/4 cup)
- Cinnamon Bear Cookies (1 package)
  1% Chocolate Milk (1 cup)
- Lowfat Chocolate Milk (1 cup)
  Bagel (.9 oz.) with
  Light Cream Cheese (1 oz.)
- Graham Crackers (3 count)
  2% Milk (1 cup)
- Yogurt (4oz.)
  100% Orange Juice (3/4 cup)
- Cinnamon Toast (1 slice)
  100% Apple Juice (3/4 cup)
- Mozzarella String Cheese (1 oz.)
  100% Fruit Punch (3/4 cup)
- Corn Chips Snack (1.25 oz. bag)
  100% Apple Juice (3/4 cup)
- Peanut Butter and Jelly Bar (1)
  Orange Juice (6 oz.)
- Mini Oatmeal Cookies (1 package)
  100% Blended Strawberry Yogurt (4 oz.)

- Hummus (1/2 cup)
  Whole-wheat crackers (8 oz.)
  Water
- Mini Football Cookies (1 package)
  1%, 2%, or Whole Milk (1 cup)
- Lowfat Chocolate Milk (1 cup)
  Mixed Fruit in Light Syrup (3/4 cup)
- Petite Banana (1)
  Cheese & Peanut Butter
  Crackers (1 pack)
- Cottage Cheese (1/2 cup)
  Pineapple Chunks (3/4 cup)
  Water
- Peanut Butter and Jelly Sandwich (1)
  100% Orange/Apple Juice (3/4 cup)
- Tiny Twist Pretzels (1 serving)
  1%, 2%, or Whole Milk (1 cup)
- Apple Pie Explosion Smoothie (1 apple)
  Graham Crackers (1 oz.)
- Washington Red Delicious Apple (1)
  Teddy Grahams (1 package)
- Stuffed Eggs (1egg)
  Carrots/Fresh Green Beans (3/4 cup)
  Dip for Vegetables
  Water
- Apple Granola Bar (1 serving)
  100% Juice (3/4 cup)

- Apple Surprises (1 apple)
  Lowfat Milk (1 cup)
- Cheese Crackers (4 count)
  100% Fruit Punch (3/4 cup)
- Lowfat Milk (1 cup)
  Carrot Sticks/Pepper Strips (3/4 cup)
  Lowfat Ranch Dressing (2 tbsp.)
- Muffin (1)
  Cantaloupe and Grapes (3/4 cup)
  Dip for Fruit
- Soft Pretzel (1 serving)
  String Cheese (1oz.)
  Water
- Grilled Ham and Cheese Sandwich
  (1 slice of bread, 1 oz. cheese,
  1 oz. ham)
  Water
- Blueberry Muffins (1 serving)
  1 % Chocolate Milk (1cup)
- Baby Carrots (1.6 oz. bag)
  Mini Sweetie Bear Cookies
  (1 package)
- Lowfat Chocolate Milk (1 cup)
  Banana (1 medium)
- Ham Sandwich (1 oz. ham)
  100% Orange Juice (3/4 cup)

*Please consult your state nutrition agency and USDA Dietary Guidelines when creating menus.

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Sample Snacks

From Menus Around The Country

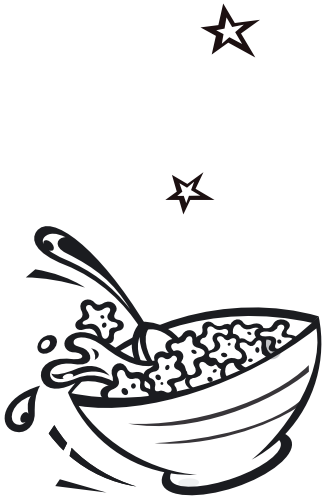
For additional snack information visit these Web sites:

United States Department of Agriculture - www.fns.usda.gov/cnd/afterschool/default.htm

Food Research and Action Center – www.Frac.org

The School Foodservice Section of www.NutritionExplorations.org

* Thanks to the Food Research and Action Center (FRAC) for compiling the menus and to the Department of Recreation and Parks in Baltimore, MD, the Kansas City, Missouri School District, the Vermont Campaign to End Childhood Hunger, and the United States Department of Agriculture for providing them.



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