

30 Creditable, Acceptable, Hearty, Nutritious and Healthy Snacks

(A Six Week Rotating Snack Menu for Children Ages 3-6)

1. 6 animal crackers and $\frac{1}{2}$ cup low fat yogurt, *plus water*.
2. $\frac{1}{2}$ bagel and $\frac{1}{2}$ cup pineapple or nectarines, *plus jelly and water*.
3. 2 tablespoons refried bean dip and crisped pita bread wedges *plus water or milk**.
4. $\frac{1}{8}$ cup raisins, $\frac{3}{8}$ cup celery and 12 oyster crackers, *plus nutbutter, milk* or water*.
5. 1 small muffin and $\frac{1}{2}$ cup melon (Vt C, cantaloupe Vt. C & A), *plus water*.
6. 1 slice garlic bread and $\frac{1}{2}$ oz. 100% mozzarella cheese, *plus water*.
7. 9 Teddy Grahams and $\frac{1}{2}$ cup peaches (Vt. A), *plus water*.
8. 1 slice foccacia bread and $\frac{1}{2}$ cup orange juice or fresh orange, *plus water*.
9. $\frac{1}{2}$ cup apple slices and $\frac{1}{2}$ oz. egg salad, *plus water*.
10. 1 slice pumpkin bread (Vt. A) and $\frac{1}{2}$ cup milk*.
11. $\frac{1}{2}$ cup low fat cottage cheese and $\frac{1}{2}$ cup pears or apricots (Vt A), *plus water*.
12. 1 slice zucchini bread and $\frac{1}{2}$ cup milk*.
13. $\frac{1}{2}$ whole wheat flour tortilla rolled with $\frac{1}{2}$ oz. 100% meat deli slice, *plus water or juice*.
14. 2 graham crackers and $\frac{1}{2}$ cup banana or plums, *plus water*.
15. $\frac{1}{2}$ cup orange slices (Vt C) and 2 Rye Krisp triple crackers, *plus water*.
16. 2 tablespoons humus and $\frac{1}{2}$ cup cucumbers and carrots, *plus water*.
17. 1 slice banana bread and $\frac{1}{2}$ cup milk, *plus cream cheese and water or milk**.

18. $\frac{1}{2}$ oz. tuna salad and $\frac{1}{2}$ english muffin, *plus water or juice.*
19. $\frac{1}{2}$ cup fruit salad and 4 vanilla wafers, *plus water or milk*.*
20. $\frac{1}{2}$ cup low fat yogurt and $\frac{1}{2}$ cup berries (fresh or frozen) (v+ c), *plus water.*
21. $\frac{1}{2}$ cup cold (steamed) broccoli (v+ A & C) and jicama sticks and 6 reduced fat wheat thins, *plus dressing and water.*
22. 1 small muffin and $\frac{1}{2}$ cup milk*.
23. $\frac{1}{2}$ cup low fat cottage cheese and $\frac{1}{2}$ cup peaches (v+ A), *plus water.*
24. $\frac{1}{2}$ cup mix: oyster crackers, small pretzels and chex cereal, and $\frac{1}{2}$ cup orange juice (v+ c), *plus water.*
25. 1 slice raisin bread and $\frac{1}{2}$ cup banana, *plus water or milk.*
26. $\frac{1}{2}$ cup grapes or kiwi (v+ c) and 4 saltine squares, *plus water or milk*.*
27. $\frac{1}{2}$ oz. 100% monterey jack cheese and 1 soft bread stick *plus water or juice.*

28. $\frac{1}{2}$ cup applesauce (unsweetened) and $\frac{1}{3}$ cup low fat granola, *plus milk* or water.*
29. 1 square corn bread and $\frac{1}{2}$ cup mandarin oranges or tangerines (v+ c), *plus water.*
30. 1 small whole wheat roll and $\frac{1}{2}$ cup apple juice, *plus jelly, nutbutter or cream cheese.*

To meet minimum licensing and USDA CACFP requirements serve the foods and quantities listed.

Foods or beverages stated after the word "plus" enhance the snack but are not required.

Larger portions of all foods are permitted and encouraged.

* 1% or nonfat milk is recommended.



CHILD CARE HEALTH PROGRAM

A Program of Seattle-King
County Dept. Of Public Health