

These snack ideas can be scheduled for any day; not meant for you to follow strictly in order - just healthy choices ideas!

SNACK

Please write in **specific** fruits, veggies, cereals, dips and spreads for planned and served menus.

FY 22-23

Minimum of 2 different components

Temp.

Temp.

Temp.

Temp.

Temp.

FOOD COMPONENTS	MONDAY	F*	TUESDAY	F*	WEDNESDAY	F*	THURSDAY	F*	FRIDAY	F*
Milk, fluid 1/2 cup Meat/Alt 1/2 oz Veg/Veg juice 1/2 cup Fruit/Juice 1/2 cup Grain 1/2 oz eq	Cottage cheese Mini rice cakes (put cottage cheese on top of rice cake) Apple slices		<u>Fruit Parfait:</u> Lowfat vanilla yogurt Blueberries (or any frozen or fresh fruit) Toasted flax seeds (sprinkled on top)		Fresh fruit dipped in peanut butter, soy butter, yogurt, or cottage cheese		Bagel with cream cheese - (cream cheese is an "extra") Fruit or any kind of 100% (type) juice		100% juice allowed once per week.	
FOOD COMPONENTS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Milk, fluid 1/2 cup Meat/Alt 1/2 oz Veg/Veg juice 1/2 cup Fruit/Juice 1/2 cup Grain 1/2 oz eq	Bananas or dried fruit Dry Cheerios		100% orange juice Hard cooked eggs		MILK Circle: FF or 1% approved cereal Banana slices		Fresh vegetables dipped in peanut butter, soy butter, yogurt, hummus, or cottage cheese.			
FOOD COMPONENTS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Milk, fluid 1/2 cup Meat/Alt 1/2 oz Veg/Veg Juice 1/2 cup Fruit/Juice 1/2 cup Grain 1/2 oz eq	Provolone cheese slices (natural) Fresh fruit or vegetable		WG crackers or bread Red, green, yellow, orange pepper slices		Pita bread dipped in hummus, peanut butter, or soy butter, or served with natural slice cheese. Cucumber slices		<u>Bugs on a Log</u> Celery Raisins or dried fruit Peanut butter, soy butter, or cottage cheese			
FOOD COMPONENTS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Milk, fluid 1/2 cup Meat/Alt 1/2 oz Veg/Veg Juice 1/2 cup Fruit/Juice 1/2 cup Grain 1/2 oz eq	<u>Frozen Yogurt Sandwiches</u> Graham Crackers Yogurt (freeze yogurt between crackers) Fr Blueberries		Peanut or soy butter Bananas Crispy rice cereal (place popsicle stick in 1/2 of banana, freeze banana, then spread PB on Banana, roll in cereal and freeze)		Mini-pancakes (microwave frozen) Applesauce		<u>Tortilla Roll-Ups</u> Unprocessed meat Natural cheese Tortilla 100% V8 juice		<i>Note: fruit salads, even if several types of fruit are used, must have another component served to count as a creditable snack -</i>	
FOOD COMPONENTS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Milk, fluid 1/2 cup Meat/Alt 1/2 oz Veg/Veg Juice 1/2 cup Fruit/Juice 1/2 cup Grain 1/2 oz eq	<u>Trail mix</u> (no nuts) Combination of dried fruits and approved cereal (required amounts ea)		<u>Nachos</u> WG tortilla chips Mozzarella cheese Bean dip		<u>Fruit Burrito</u> Tortilla Cream cheese (does not count as a protein) Fruit slices to wrap		<u>Fruit Kebobs</u> Fruit pieces Mini-muffins (put mini muffin on the end of the kabob)		for instance:	
									<u>Fruit salad</u> Melon, blueberries, banana, and raspberries. Whole Grain bread slice (or veg or meat / alt or milk) is a creditable snack	