

## Creditable Snack Ideas (ages 6-18)

Pumpkin bread/muffin- 1.8 oz. slice Pineapple juice- ¾ cup	Banana muffin- 1.8 oz. muffin Milk- 1 cup	Fresh peach- 1 medium Cinnamon grahams- 4 squares
Broccoli, carrot and cauliflower pcs. ¾ cup total vegetables w/ dip Wheat crackers- 8 Triscuit type	Toasted cheese on rye bread- 1 slice bread + 1 oz. cheese Green peppers- an extra	Whole grain bread- 1 slice Tangerine or Kiwi- 1 ½ medium
Bread pudding- Bread to equal one Apple juice- ¾ cup	Vanilla yogurt- ½ cup Fruit slices- ¾ cup (strawberry, apple, kiwi, or in season)	Muffin- 1.8 oz. muffin Grapefruit juice- ¾ cup
Refried beans- 2 Tbsp. + cheese- ½ oz. Tortilla- 8 inch	Baked apple with raisins- 1 medium apple + ¼ cup raisins Cheese cubes - 1 oz.	Rice- ½ cup Peaches- 3 canned halves + juice
Tuna, egg or ham salad- 1 oz. meat or ½ egg Pita pockets - ½ pita pocket	Bran muffin- 1.8 oz. muffin Pear (fresh or canned)- 1 med. fresh or 3 halves + juice if cnd.	Cinnamon roll- 1.8 oz. unfrosted Pineapple juice- ¾ cup
OJ/Yogurt shake - ½ cup yogurt Wheat crackers - 8 Triscuit type	Watermelon- ¾ cup Banana bread- 1.8 oz.	Whole wheat toast- 1 slice Tomato juice- ¾ cup
Cornbread muffins - 1.8 oz muffin Milk - 1 cup	Bagel and cream cheese- ½ bagel Juice- ¾ cup	Zwieback- 3 slices Cocoa (made w/ fluid milk)- 1 cup
Cheese sticks or cubes- 1 oz. Seedless grapes - ¾ cup	Honeydew (or other melon) chunks- ¾ cup Peanut butter crackers- 2 T. peanut butter + 8 crackers	Waffle- 1.1 oz frozen Strawberries- ¾ cup
Vegetable juice - ¾ cup String cheese - 1 oz.	English muffin- .9 oz. Pineapple orange juice- ¾ cup	Raisin toast - 1 slice Orange juice- ¾ cup
Zucchini muffin - 1.8 oz. muffin Cottage cheese - ¼ cup	Fresh fruit salad - ¾ cup Pancake - 1 frozen pancake	Graham crackers- 4 squares Apricots- 3 medium fresh or ¾ cup canned
Frozen banana pops - 1 med. banana Graham crackers -4 squares	Cantaloupe- ¾ cup Saltines- 8 crackers	Oatmeal cookies- 1.1 oz total Milk- 1 cup
Hard boiled egg - ½ egg Grape juice - ¾ cup	Banana- 1 medium Wheat crackers- 8 crackers	Oatmeal bread or muffin- 1.8oz slice Melon balls- ¾ cup
Cereal mix - ¾ cup Milk - 1 cup	Fried rice- ½ cup Peach (fresh or canned) 1 med. fresh or ¾ cup cnd.	Ginger snaps- 1.1 oz. Applesauce- ¾ cup
Raisin toast - 1 slice Orange slices - ¾ cup	Oatmeal cookie- 1.1 oz total Strawberry, peach, and pineapple kabobs- ¾ cup total	Saltines – 8 squares Vegetable sticks- 9 carrot sticks (4" x ½") + 6 celery sticks(3" x ¾") Ranch Dressing (extra)
Bread sticks - .7 oz stick Cheese cubes - 1 oz.	Baked potato- 1 medium potato Melted cheese- 1 oz.	Toast- 1 slice Grapefruit sections- ¾ cup
Biscuits - .9 oz Pineapple chunks - ¾ cup	French toast- 1 slice Melon balls- 3/4	Breadsticks- .7 oz total Tomato juice- ¾ cup

Granola bar- 1.8 oz. Grape juice- ¾ cup	Cucumber and carrot coins- ¾ cup total Cottage Cheese- ¼ cup	English muffin pizza 1 muffin, sauce + 1 oz. cheese
Cinnamon toast- 1 slice Pineapple juice- ¾ cup	Whole wheat breadsticks- .7 oz. total Fruit salad or cocktail- ¾ cup	Peanut butter sandwich- 1 slice bread, 2 T. peanut butter Chocolate milk- 1 cup
Bagel- ½ bagel Orange slices- ¾ cup	Cottage cheese- ¼ cup Crushed pineapple- ¾ cup	Mixed fresh fruit- ¾ cup Vanilla wafers- 1.1 oz. (8 cookies)
Cornbread- 1.1 oz. piece Baked apples- 1 medium	Fruit kabobs- ¾ cup total Cheese sticks- 1 oz.	Zucchini bread 1.8 oz. slice Orange juice- ¾ cup
Soft pretzel- .9 oz pretzel Pears- ¾ cup diced	Deviled eggs- ½ egg Wheat thins- 15 crackers	Wheat crackers- 8 crackers Kiwi slices- ¾ cup
Bran muffin- 1.8 oz. muffin Apple- 1 medium	Graham crackers- 4 squares Fruit cocktail- ¾ cup	Scrambled eggs- (1/2 egg= 1 oz.) Tortilla- 8 inch
Boston brown bread- 1 slice Fruit cocktail- ¾ cup	Cottage cheese- ¼ cup Graham crackers- 4 squares	Spice muffin- 1.8 oz. muffin Mandarin orange slices- ¾ cup
French bread- 1 slice Pears- ¾ cup diced	Apple slices- ¾ cup Cheese slice- 1 oz.	Pineapple chunks or grapes- ¾ cup Animal crackers- 9 cookies
Saltines- 8 crackers Cheese- 1 oz.	Applesauce- ¾ cup Graham crackers- 4 squares	Pancake- 1.1 oz. frozen Peanut butter- 2 Tbsp.
Homemade cheese pizza- crust (.9 oz) w/ cheese (1 oz.)	Strawberries- ¾ cup (or other fruit in season) Cheerios- ¾ cup	Fortune cookies (an extra) Mandarin oranges- ¾ cup Fried rice- ½ cup
Pig in a blanket- biscuit (.9 oz) + hot dog (1 oz.)	Shaved ham- 1 oz. Saltine crackers- 8 squares	Pear slices- ¾ cup Swiss cheese- 1 oz.
Fruit cup- ¾ cup Cheese- 1 oz.	Soft pretzel- .9 oz. pretzel Cheese sauce- ¼ cup melted Velveeta	Ants on a log (celery, peanut butter, raisins) 2 Tbsp. peanut butter + 12 – 3 ¾" Celery sticks
Assorted cereal mix- ¾ cup Juice- ¾ cup	Peanut butter cookies- 2.2 oz. total Milk- 1 cup	Milk shakes (made w/ fluid milk)- 1c. Raisin bread- 1 slice
Rye wafers- 4 wafers Orange juice- ¾ cup	Blueberry muffins- 1.8 oz. muffin Cantaloupe- ¾ cup	Waffles- 1.1 oz. frozen Applesauce- ¾ cup
Apple rings- ¾ cup Peanut butter- 2 Tbsp.	Waffles- 1.1 oz frozen Strawberries or fruit in season- ¾ cup	Salad in a bag- ¾ cup salad greens (cut salad greens, etc. in an individual zip bag) Pass the dressing in a squeeze bottle Saltines- 8 crackers
Graham crackers- 4 squares Milk- 1 cup	Tortilla/cinnamon/sugar- 8" Hot cocoa (made with fluid milk)- 1 cup	Granola bar w/ nuts- 2.2 oz. total Peach slices- ¾ cup
Fruit smoothie (blend of yogurt w/ frozen fruit) ½ cup yogurt Wheat crackers- 8 crackers	Bean dip- ¼ cup Corn tortilla chips- .9 oz	