

# What's creditable? A mini guide for snacks

## Milk

- ✓ Fluid milk may be served as one of the two components for snack.
- ✓ Milk may be served as a beverage, on cereal, or used for some of both at snack.
- ✓ Reconstituted dry milk is not creditable as fluid milk.
- ✓ Ice cream, yogurt, custard, or pudding may not be substituted for the fluid milk requirement.

## Meat and meat alternates

- ✓ Meat/ meat alternates may be served as one of the two components for snack. The requirement is 1/2 ounce for 1-6 years, 1 ounce is required for ages 6-18 years
- ✓ Nuts, seeds, and nut butters may fulfill all of the meat/meat alternate requirement at snack.
- ✓ Yogurt may be served as a meat/meat alternate at snack: 1/4 cup for children 1-6 years, 1/2 cup for 6-18 years.
- ✓ Natural cheese and pasteurized processed cheese are creditable. One ounce equals one ounce of meat/meat alternate.
- ✓ Cottage cheese, cheese foods and spreads (such as Velveeta and Cheez Whiz) are creditable, but twice as much is needed because these products contain less protein and more moisture than natural and processed cheese. A two ounce serving of cheese food, cheese spread, or cottage cheese is equivalent to only one ounce of meat/meat alternate.
- ✓ Dried beans or peas may be served as a meat/meat alternate or as a fruit/vegetable, however, they may not be served as

both in the same meal. A 1/4 cup of cooked beans is equal to one ounce meat/meat alternate.

## **Vegetables/Fruits**

- ✓ Vegetables and fruits may be served as one of the two components for snack.
- ✓ Snacks may contain a fruit or vegetable, or both, as one of the two required components of a snack.
- ✓ Juices must be full strength 100% juice.
- ✓ 100% juice may be used to meet the total fruit/vegetable requirement at snack: 1/2 cup for 1 to 6 years, 3/4 cup for 6 through adult.
- ✓ When juice is served as one of the components at snack, milk may not be served as the other component.

## **Grains/Breads**

- ✓ Grains/breads may be served as one of the two components for snack.
- ✓ All grains/breads must be enriched or whole-grain, made from enriched or whole-grain flour or meal, or if it is a cereal, the product must be whole-grain, enriched or fortified.
- ✓ Popcorn is **NOT** creditable.

### 101 Creditable Snack Ideas (age 6-18)

Pumpkin Bread - 1.8 oz. slice

Pineapple Juice - 3/4 cup

Broccoli, carrot and cauliflower pieces - 3/4 cup total vegetables w/ dip

Wheat crackers - 8 Triscuit type

Bread pudding - Bread to equal one slice

Apple juice - 3/4 cup

Refried beans - 2 Tbsp. + cheese - 1/2 oz.

Tortilla - 8 inch

Tuna, egg or ham salad - 1 oz. meat or 1 egg

Pita pockets - 1/2 pita pocket

OJ/yogurt shake - 1/2 cup yogurt

Wheat crackers - 8 Triscuit type

Cornbread muffins - 1.8 oz. muffin

Milk - 1 cup

Cheese sticks or cubes - 1 oz.

Seedless grapes - 3/4 cup

Vegetable Juice - 3/4 cup

String cheese - 1 oz.

Zucchini muffin - 1.8 oz. muffin

Cottage cheese - 1/4 cup

Frozen banana pops - 1 med. banana

Graham crackers - 4 squares

Hard boiled egg - 1 egg

Grape juice - 3/4 cup

Cereal mix - 3/4 cup

Milk - 1 cup

Raisin toast - 1 slice

Orange slices - 3/4 cup

Bread sticks - .7 oz. stick

Cheese cubes - 1 oz.

Cheese biscuits - 1.1 oz.

Pineapple chunks 3/4 cup

Banana muffin - 1.8 oz. muffin

Milk - 1 cup

Toasted cheese on rye bread -

1 slice bread + 1 oz. cheese

Green peppers - an extra

Vanilla Yogurt - 1/2 cup

Fruit slices - 3/4 cup (strawberry, apple, kiwi, or other in season)

Baked apple with raisins - 1 medium apple + 1/4 cup raisins

Cheese cubes - 1 oz.

Watermelon - 3/4 cup

Banana bread - 1.8 oz. slice

Bran muffin - 1.8 oz. muffin

Pear (fresh or canned) - 1 medium fresh or 3 halves + juice if canned

Bagel and cream cheese - 1/2 bagel

Juice - 3/4 cup juice

Honeydew (or other melon) chunks - 3/4 cup

Peanut butter crackers - 2 T. peanut butter + 8 crackers

Soft pretzel - .9 oz. pretzel

Fresh plum - 5 fresh purple plums

English muffin - .9 oz.

Pineapple orange juice - 3/4 cup

Fresh fruit salad - 3/4 cup

Pancake - 1 frozen pancake

Cantaloupe - 3/4 cup

Saltines - 8 crackers

Banana - 1 medium

Wheat crackers - 8 crackers

Fried rice - 1/2 cup

Peach (fresh or canned) - 1 medium fresh or 3/4 c. canned

Oatmeal Cookie - 1.1 oz. total

Strawberry, peach and pineapple kabobs - 3/4 c. total

Baked potato - 1 medium potato

Melted cheese - 1 oz.

French toast - 1 slice

Melon balls - 3/4 cup

Fresh peach - 1 medium

Cinnamon grahams - 4 squares

Whole grain bread - 1 slice

Tangerine or Kiwi - 1 1/2 medium

Muffin - 1.8 oz. muffin

Grapefruit-juice - 3/4 cup

Rice - 1/2 cup

Peaches - 3 canned halves + juice

Cinnamon Roll - 1.8 oz. unfrosted

Pineapple Juice - 3/4 cup

Whole wheat toast - 1 slice

Tomato Juice - 3/4 cup

Waffle - 1 frozen

Strawberries - 3/4 cup

Zwieback - 3 slices

Cocoa (made with fluid milk) - 1 cup

Graham crackers - 4 squares

Apricots - 3 medium fresh or 3/4 cup canned

Raisin Toast - 1 slice

Orange Juice - 3/4 cup

Oatmeal cookies - 1.1 oz total

Milk - 1 cup

Oatmeal bread - 1.8 oz. slice

Melon balls - 3/4 cup

Ginger snaps - 1.1 oz. total

Applesauce - 3/4 cup

Saltines - 8 squares

Vegetable sticks - 3 3/4 inches 9 carrot sticks + 6 celery sticks

Toast - 1 slice

Grapefruit sections - 3/4 cup

Breadsticks - .7 oz total

Tomato juice - 3/4 cup

Granola bar - 1.8 oz.

Grape juice - 3/4 cup

Cinnamon Toast - 1 slice

Pineapple juice - 3/4 cup

Bagel - 1/2 bagel

Orange slices - 3/4 cup

Cornbread - 1.1 oz. piece

Baked apples - 1 medium

Soft Pretzel - .9 pretzel

Pears - 3/4 cup diced

Bran Muffin - 1.8 oz. muffin

Apple - 1 medium

Boston brown bread - 1 slice

Fruit cocktail - 3/4 cup

French bread - 1 slice

Pears - 3/4 cup diced

Saltines - 8 crackers

Cheese - 1 oz.

Homemade Cheese Pizza - crust with 1 oz. cheese

Pig in a Blanket - biscuit (.9 oz.) + hot dog (1 oz.)

Fruit cup - 3/4 cup

Cheese - 1 oz.

Assorted cereal mix - 3/4 cup

Juice - 3/4 cup

Rye wafers - 4 wafers

Orange Juice - 3/4 cup

Apple rings - 3/4 cup

Peanut butter - 2 Tbsp.

Graham crackers - 4 squares

Milk - 1 cup

Cucumber and carrot coins - 3/4 cup total

Cottage Cheese - 1/4 cup

Whole wheat breadsticks - .7 oz. total

Fruit salad or cocktail - 3/4 cup

Cottage cheese - 1/4 cup

Crushed pineapple - 3/4 cup

Fruit kabobs - 3/4 cup total

Cheese sticks - 1 oz.



Deviled eggs - 1 egg

Wheat thins - 15 crackers

Graham crackers - 4 squares

Fruit cocktail - 3/4 cup

Cottage cheese - 1/4 cup

Graham crackers - 4 squares

Apple slices - 3/4 cup

Cheese slice - 1 oz.

Applesauce - 3/4 cup

Graham crackers - 4 squares

Strawberries - 3/4 cup (or other fruit in season)

Cheerios - 3/4 cup

Shaved ham - 1 oz.

Saltine crackers - 8 squares

Soft pretzel - .9 oz. pretzel

Cheese sauce - 1/4 cup melted Velveeta

Peanut butter cookies - 2.2 oz total

Milk - 1 cup

Blueberry muffins - 1.8 oz. muffin

Cantaloupe - 3/4 cup

Waffles - 1 frozen

Strawberries or other fruit in season - 3/4 cup

Tortilla/cinnamon/sugar - 8"

Hot cocoa (made with fluid milk) - 1 cup

English muffin pizza - 1 muffin, sauce + 1 oz. cheese

Peanut butter sandwich -

1 slice bread, 2 T. peanut butter

Chocolate milk - 1 cup

Mixed fresh fruit - 3/4 cup

Vanilla wafers - 1.1 oz. (8 cookies)

Zucchini bread - 1.8 oz. slice

Orange juice - 3/4 cup

Wheat Crackers - 8 crackers

Kiwi slices - 3/4 cup

Scrambled eggs - 1 egg

Tortilla - 8 inch

Spice muffin - 1.8 oz. muffin

Mandarin orange slices - 3/4 cup

Pineapple chunks or grapes - 3/4 cup

Animal crackers - 9 cookies

Pancake - 1 frozen

Peanut butter - 2 Tbsp.

Pear slices - 3/4 cup

Swiss cheese - 1 oz.

Fortune cookies (an extra)

Mandarin oranges - 3/4 cup

Fried rice - 1/2 cup

Ants on a log (celery, peanut butter, raisins)

2 Tbsp. peanut butter + 12 - 3 3/4" celery sticks

Milk Shakes (made with fluid milk) - 1 cup

Raisin bread - 1 slice

Waffles - 1 frozen

Applesauce - 3/4 cup

Granola bar with nuts - 2.2 oz. total

Peach slices - 3/4 cup

Salad in a bag - 3/4 cup salad greens (cut up salad greens, etc. in an individual zip-top bag)

Pass the dressing in a squeeze bottle

Saltines - 8 crackers

Fruit smoothie (blend vanilla yogurt w/ frozen fruit)

1/2 cup yogurt

Wheat crackers - 8 crackers

Bean dip - 1/4 cup

Corn tortilla chips - .9 oz.