

**101 Snack Ideas**

**★ Tofu Hawaiian Poke and Grape Tomatoes ★Cucumber and Hummus ★Okinawa Sweet Potatoes and Milk ★Edamame and Banana ★Whole Wheat Crackers and Cheddar Cheese Slices ★Kix and Yogurt ★Celery Sticks and Peanut Butter★ Pita Bread (Whole Wheat) and Grapes ★Boiled Egg and Pear ★Almond Butter and Apples ★Cherry Tomatoes and Mozzarella Cheese ★Orange Slices and Hawaiian Sweet Bread ★Watermelon and Whole Corn Chex ★Sweet Potato and String Cheese ★Gold Fish (whole Grain) Crackers and Cucumbers ★Strawberries and Chick Peas ★Soybeans and Apricots ★Avocado and Toasted Whole Wheat Bread★ Baked Beans and Whole Wheat Flour Tortilla★ Guava and Oatmeal ★Peaches and Cottage Cheese ★Poi and Blueberries★ Turkey Cold Cut and Whole Wheat Bread★ Whole Grain Tortilla Chips and Mashed Avocado★ Whole Grain Waffle and Mangoes ★Starfruit and Croissant ★ Whole Wheat Soda Crackers and Shredded Turkey ★Tofu and Zucchini ★Swiss Cheese and Hard Pretzels ★Cream of Wheat and Papaya★ Whole Grain Cheerios and Raspberries ★Nectarines and Soft Pretzels★Banana Bread and Brussel Sprouts★ Watercress and Whole Wheat Soda Crackers ★Pineapples and Whole Grain Crackers ★Granola Honey Almond Cereal and Greek Yogurt ★ Tangerine and Whole Grain Cheerios ★Chick Peas and Cooked Breadfruit ★Popovers and Oranges ★Crepes and Blackberries ★Spoon Bread and Cantaloupe ★Dragon fruit and French Toast ★Pumpkin and Stuffing ★Asparagus and Shredded Chicken ★ Grilled Fish and Corn ★Strawberry and Milk ★Refried Beans and Whole Corn Tortilla ★Colby Cheese and Broccoflower ★Cauliflower and Cheddar Cheese ★Green Beans and Whole Grain Tortilla Chips ★Ricotta cheese and Butternut Squash ★Bread Roll and Persimmons ★Whole Corn Chex and Milk ★Raspberries and Whole Wheat Soda Crackers ★Chicken Skewer and Fruit Cocktail ★Lychee and Whole Grain Bread ★Spanish Rice and Lima beans ★Bamboo Shoots and Ritz Crackers ★Farina and Peaches ★Kiwi and Whole Grain Tortilla Chips ★Sourdough Bread and Blackberries ★Ravioli and Cauliflower ★Roast Turkey and Sweet Potatoes ★Ham and Whole Wheat Saltine Crackers ★Gold Fish and Pears ★Pomelos and Honey Nut Chex ★Saloon Pilot Crackers and Guava ★Black-Eye Peas and Whole Grain Tortilla Chips ★Toasted Oat Cereal and Soursop ★Harvest Wheat Crackers and Lentils ★Luau leaves and Pork Roast ★Kalua Pig and Cabbage ★Okra and Hapa Rice ★Ciabatta Bread and Rambutan ★Biscuit and Boysenberries ★Blueberry Morning Cereal and Dragon Fruit ★Whole Grain Couscous and Chicken Breast ★Black Rice and Navy Beans ★Quinoa and Scrambled Eggs ★Wild Rice and Turkey Breast ★Collard Greens and Ham ★Hapa Rice and Gandule ★Refried Beans and Whole Corn Tortilla ★Breadfruit and Whole Corn Kix ★Pork Chop and Potatoes ★Colby Cheese and Wheat Thins ★Pilaf and Broccoli ★Clusters Cereal and Yellow Peas ★Crispix and Cherries ★Macaroni and Cheddar Cheese ★Split Peas and Brown Rice ★Eggplant and Grilled Tofu ★Char Siu Chicken and Black Rice ★Mustard Greens and Ham ★Braunschweiger and Club Crackers ★Rice Krispies Cereal and Pineapples ★Millet and Mangoes ★Carrot Bread and Acorn Squash ★Vegetable Soup and Gold Fish Crackers ★Ong Choy and Shrimp ★Green Peas and Penne Pasta ★Puffed Kashi and Starfruit ★Oyster Crackers and Kohlrabi ★Coleslaw and Pork Chop ★Swiss Chard and Eggs ★**