Healthy Snack Ideas

Choose Two food from Five groups:

Vegetables, Fruits, Grains/Bread, Meat/Meat Alternative, Fluid Milk

1. Cucumber Coins + Whole Grain Crackers
2. Yogurt + Mixed Fruit
3. Bran Muffin + Milk
4. Tuna Salad + Whole Grain Bagel
5. Pita Bread + Hummus
6. Cottage Cheese + Blueberries
7. Whole Grain Tortilla + Egg Salad
8. Bran Cereal + Sliced Strawberries
9. Carrot Sticks + Whole Grain Crackers
10. English Muffin + Tomato Sauce, Shredded Cheese, Veggies
11. Applesauce + Whole Grain Toast
12. Banana Bread + Cantaloupe
13. Tomato Wedges + Cheese Slices
14. Hardboiled Egg + English Muffin
15. Whole Grain Chips + Mashed Avocado
16. Snap Peas, Baby Carrots + Hummus
17. Broccoli Florets + Whole Grain Crackers
18. String Cheese + Mandarin Oranges
19. Raspberries + Oatmeal
20. Whole Grain Cheerios + Blackberries
21. Baked Sweet Potatoes + Milk
22. Scrambled Eggs + Tortilla
23. Fresh Fruit + Cubed Cheese
24. Cottage Cheese + Peaches
25. Cauliflower Spears + Bread Sticks
26. Whole Grain Toast + Grapes
27. Cheese Cubes + Cherry Tomatoes
28. Blueberry Muffins + Clementines
29. Cucumbers, Jicama, Carrots + Hummus
30. Apples + Cubed Cheese
31. Yogurt + Papaya
32. Baked Apples + Granola
33. Peanut Butter, Raisins + Celery Sticks
34. Chicken Salad + Whole Grain Crackers
35. Frozen Banana + Yogurt
36. Peanut Butter, Sliced Strawberries + Whole Grain Bread
37. Whole Grain Tortilla, Refried Beans + Cheese
38. White Bean Dip + Whole Grain Tortilla Chips
39. Whole Grain Waffle + Mashed Blueberries
40. Zucchini Bread + Yogurt
41. Whole Grain Biscuit, Yogurt + Strawberries
42. Hardboiled Egg + Ritz Crackers
43. Cottage Cheese + Oranges
44. Soybeans + Soft Pretzel
45. Whole Grain Bagel + Hummus
46. Peanut Butter, Whole Grain Tortilla, + Banana
47. String Cheese + Plum
48. Crushed Pineapple + Whole Grain Pancake
49. Baked Potato + Cheddar Cheese
50. Pumpkin Bread + Milk
51. Frozen Melon Balls + Cottage Cheese
52. Tuna Salad + Celery Sticks
53. Dried Apricots + Whole Grain Crackers
54. Apple Slices + Peanut Butter
55. Croissant, Ham + Cheese
56. Taro Bread + Mashed Blueberries
57. Chicken Salad + Soda Crackers
58. Zucchini Sticks + String Cheese
59. Whole Grain Crackers + Melted Cheese
60. Whole Grain Cheerios + Applesauce
61. Kiwi + Ritz Crackers
62. Cottage Cheese + Asparagus
63. Watermelon + Whole Grain Cheerios
64. Green Peas + Whole Grain Penne Pasta
65. Rice Krispies Cereal, Raisins + Yogurt