



# Iowa Child and Adult Care Food Program

## Snack Ideas

March 2013

Whole Wheat Pita Bread Tuna Salad Water	Whole Grain Waffle Square Fresh Strawberries (C) Water	Graham Crackers Fresh Apricot (A) and Banana Slices Water
Soft Pretzels (NE) Fresh Red and Yellow Pear Slices Water	Apple Smiles (Apple slices/peanut butter) Milk	Fresh Fruit Kabobs Pineapple, Peaches, Kiwi (C) Cheese Sticks Water
Oatmeal Apple Muffin (NE) 1 Milk	HM Cornbread Squares (½ white & ½ whole wheat flour) Milk	Fresh Tangerine (C) and Peach Slices Cottage Cheese
HM Banana Bread (NE) Berry Juice	Round Whole Grain Crackers Cheese Circles Water	Whole Wheat Toast Triangles Milk
Melon Salad (Watermelon (C), Cantaloupe (A), Honeydew (C)) Square Whole Grain Crackers	Baked Potato with Toppings (choice) Milk	Orange Slices (C) Milk
Spaghetti (½ white & ½ whole wheat) with Parmesan Cheese (choice) Milk	Whole Grain Tortilla Wraps (NE) Steamed Chopped Vegetables (Broccoli (A,C), Carrots (A), Cauliflower (C), Green Peppers) Water	HM Vegetable Soup (NE) Oyster Crackers Water
Whole Grain Grilled Cheese Sandwich (squares or triangles) Water	Whole Grain Tortilla Chips (NE) 1 Cowboy Caviar (NE) 1 Water	Space Ship Salad (NE) (Pineapple ring, ½ Banana) Cottage Cheese (cloud) Water
Summer Vegetable Plate (Cauliflower (C), Broccoli (A, C), Green, yellow and red pepper sticks) Cottage Cheese Dip Water	Build My Own Sandwich (NE) (Meat and cheese slices & different kinds of breads) Milk	Fruit Plate (Kiwi Quarters (C), Bananas Chunks, Apple Rings, Orange Wheels, (C) Nectarines (C)) Cheese Chunks Water
Plums (A), and red & green grape slices Milk	Pancake Roll-ups (NE) (Fresh Fruit Pieces) Grape Juice	Hash Browns Shredded Cheese Water
Mango Chunks Cinnamon Raisin Toast Water	Bagels and Toppings Fresh Pear Slices Water	Make a Face Pizza (English Muffin) Milk
Child-made Bread Shapes (Frozen Bread Dough) 100% Berry Juice	Sweet Potato Wedges (A) 1 String Cheese Water	Whole Grain French Toast Homemade Applesauce (NE) 1 Water
Homemade Cinnamon Rolls (NE) Milk	Peanut Butter Sandwich (Whole Wheat Bread) Milk	Cabbage and Cranberries 1 Whole Wheat Pretzels
The Usual Vegetable Plate (Carrots, Celery, Cucumbers) Fiesta Bean Dip 1 Milk	Apricot Cinnamon Couscous (NE) 1 Milk	Scrambled Eggs Whole Wheat Toast Water
Pumpkin Bread (NE) Apple Juice	Animal Crackers Low-fat Flavored Yogurt	Mandarin Oranges Whole Wheat Bread Sticks (NE) Water
Blueberry –Orange Parfaits (NE) 1 Milk	Ham and Cheese Sticks Pineapple Chunks Water	Soft Pretzels Orange Juice

A = Vitamin A

C = Vitamin C

NE = Nutrition Activity for Children

1 Healthy Snacks & Physical Activities for Early childhood programs (Team Nutrition Iowa)