365 Days of Snacks

This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

Credit: Community Action of Southeast Iowa, Child & Adult Care Food Program
2850 Mt. Pleasant St., Suite 108, Burlington, IA 52601
E-Mail Tamee DeCoursey at tamee.decoursey@caofseia.org, Telephone 319-753-0193

SNACK IDEAS FOR THE YEAR

Day 1—(October 1) sliced hardboiled eggs & spinach salad
Day 2—creamed peas w/whole grain egg noodles & skim milk
Day 3—chicken salad filled croissant & sliced apple rounds
Day 4—diced grapes & Munster cheese cubes
Day 5—homemade whole grain bread & Milk
Day 6—low fat cottage cheese & lightly steamed carrots/broccoli/celery
Day 7—tuna salad & mandarin orange slices
Day 8—baked sweet potato wedges & toasted raisin bread
Day 9—cucumber carrot salad & whole grain crackers
Day 10—homemade zucchini muffins & homemade vegetable soup
Day 11—toasted French bread w/ melted parmesan cheese & cabbage wedges
Day 12—toasted waffle & pineapple rings
Day 13—vanilla yogurt & sliced dark sweet cherries
Day 14—turkey slices & whole grain rye crackers
Day 15—homemade blueberry muffins & milk
Day 16—whole cranberry sauce & whole grain pancakes
Day 17—diced peaches & whole grain rice w/cream/sugar
Day 18—whole corn bread & apricots w/raisins
Day 19—soft bread sticks & baby lima beans
Day 20—Cherrio's cereal & sweet pepper strips
Day 21—baked potato wedges & baked cubed ham (not processed)
Day 22—whole grain rotini pasta & peas w/carrots
Day 23—whole grain mini bagel & avocado slices
Day 24—Pumpernickel rye bread toasted triangles & steamed broccoli
Day 25—mini turkey burgers & green beans
Day 26—potato salad & whole grain dinner roll
Day 27—whole grain English muffin & diced tomatoes
Day 28—whole grain tortilla & black bean w/corn salsa
Day 29—old fashioned oatmeal w/pumpkin, brown sugar & apple rings
Day 30—spaghetti squash & mini hamburger balls
HALLOWEEN—homemade pumpkin dip & Teddy graham crackers
Day 32—soft carrot coins & biscuits
Day 33—bran muffins & baby Brussels sprouts

Credit: Community Action of Southeast Iowa, Child & Adult Care Food Program
2850 Mt. Pleasant St., Suite 108, Burlington, IA 52601
E-Mail Tamee DeCoursey at tamee.decoursey@caofseia.org, Telephone 319-753-0193

Day 34—cauliflower w/cheese sauce & whole grain crackers
Day 35—whole grain cocktail bread w/cucumber, mayo, dill & milk
Day 36—mozzarella cheese sticks & sweet cherries
Day 37—ham cube w/pineapple/mango & pretzel sticks (kabobs)
Day 38—whole grain spaghetti w/sauce & steamed cauliflower
Day 39—broccoli cubed toasted & whole grain bread
Day 40—raw cabbage w/dressing & Colby cheese cubes
Day 41—Hawaiian rolls & sliced, warmed bananas in sweet coconut milk
Day 42—toasted whole grain bread w/cinnamon & apricots
Day 43—applesauce & whole grain waffle sticks
Day 44—salmon patties & orange slices
Day 45—whole grain bread strips & romaine/endive salad
Day 46—black-eyed peas & brown rice
Day 47—refried beans mixed w/salsa & baked whole grain tortilla triangles
Day 48—homemade pumpkin muffins & spiced pears
Day 49—diced pineapple & Kix cereal
Day 50—gold fish crackers & sliced grapes
Day 51—baked apple w/cinnamon & graham crackers
Day 52—baby Brussel sprouts & whole grain crackers
THANKSGIVING—whole cooked cranberries & whole grain bread stuffing
Day 54—leftover turkey slices & sweet potatoes
Day 55—pear & cottage cheese
Day 56—home made cinnamon coffee cake & apple salad
Day 57—whole corn bread & homemade calico bean soup
Day 58—whole grain rice cakes & peas
Day 59—scrambled eggs & pickled beets
Day 60—peaches & Cream of Wheat cereal
Day 61—soft pretzel & baked butternut squash
Day 62—orange slices & Rice Chex cereal
Day 63—homemade mini mozzarella cheese pizzas & black beans
Day 64—apple/banana fruit salad & mini croissants
Day 65—wild rice & Asian stir-fry vegetables
Day 66—French toast & tangerines
Day 67—deviled eggs & sliced grapes
Day 68—wagon wheel pasta & kidney beans

Day 69—Colby cheese cubes & fresh steamed okra
Day 70—homemade chili & oyster crackers
Day 71—mini buckwheat pancakes & frozen strawberries
Day 72—brown rice w/blueberries/cream/sugar & milk
HANUKKAH—matzo crackers & banana, cherry & pineapple ring
Day 74—chocolate chip pancakes & bananas
Day 75—refried bean & whole grain flour tortilla shell
Day 76—green beans & toasted rye bread strips
Day 77—asparagus & biscuits
Day 78—carrot-raisin salad & toasted Italian bread
Day 79—whole grain crackers & mixed vegetables
Day 80—egg salad & green beans
Day 81—homemade whole grain bread croutons & Mexican corn
Day 82—potato patties & ham w/Swiss cheese roll ups
Day 83—Coco Wheat cereal & diced pears
Day 84—banana & a hot dog bun
Day 85—homemade vegetable pot pie & milk
CHRISTMAS—cranberry bread & hot chocolate milk
Day 87—ham slices & cranberry applesauce
Day 88—sloppy Joe on cocktail bun & baked sweet potato fries
Day 89—fruit cocktail & mini lemon poppy seed muffins
Day 90—whole grain flour tortilla & pizza sauce
Day 91—whole grain elbow macaroni & pink grapefruit slices
Day 92—collard greens w/ground sausage & whole corn muffins
HAPPY NEW YEAR!!—Sparkling 100% grape juice & Chex cereal mix
Day 94—orange slices & pretzel crackers
Day 95—baked potato & cheddar cheese cubes
Day 96—baby corn w/water chestnuts & sweet multi grain rolls
Day 97—garlic bread & green bean casserole
Day 98—scrambled eggs & peach applesauce
Day 99—baked chicken drum sticks & orange slices
Day 100—pears & peanut butter whole grain buckwheat pancakes
Day 101—pineapple banana salad & animal cookies
Day 102—vanilla yogurt & mango sprinkled w/fresh coconut
Day 103—deviled eggs & whole grain toast
Day 104—cottage cheese & crushed pineapple

Day 105—pecan rolls & peaches
Day 106—sour dough bread & 3-bean salad
Day 107—pumpkin bagel & banana slices
Day 108—apple crisp & Cinnamon Life Cereal
Day 109—homemade chicken soup & milk
Day 110—triscuit cracker & grapes
Day 111—milk & bananas rolled in crushed chocolate graham crackers
Day 112—Scrambled eggs & Chinese vegetable mix
Day 113—homemade "hot pockets" & jicama, bamboo shoots, artichoke mix
Day 114—whole grain tortilla w/cheddar cheese & black beans
Day 115—Mickey Mouse whole grain pancakes & sweet cherries
Day 116—homemade lentil soup & soft bread sticks
Day 117—tilapia fillets on lettuce & club crackers
Day 118—honey biscuits & mango, papaya, passion fruit
CHINESE NEW YEAR—Chow mien noodles & mandarin oranges
Day 120—homemade rice crispy squares & lemon yogurt
Day 121—oat honey bread & apricots
Day 122—frozen berry mix & toasted whole grain cheddar cheese sandwich
Day 123—whole grain bow macaroni & corn mixed w/black beans
Day 124—diced tomatoes & cottage cheese
Day 125—whole grain pita crackers & fresh spinach salad
Day 126—lima beans & cheesy brown rice
Day 127—French toast strips & peaches
Day 128—homemade apple cinnamon muffins & steamed baby carrots
Day 129—mini hamburgers & mini hamburger buns
Day 130—baked beans & flip side pretzels
Day 131—whole grain crackers & Brussels Sprouts
Day 132—homemade peach applesauce & chicken breast strips
Day 133—pecan rolls & frozen blackberries
Day 134—mandarin oranges & whole grain French toast
Day 135—navy beans & whole grain pita chips
Day 136—avocado, apple slices & whole grain corn chips
VALENTINE'S DAY—Heart shape whole grain toast & strawberry applesauce
Day 138—toasted whole grain bread cubes & beets
Day 139—rice cake w/sesame seed butter & sliced grapes
Day 140—broccoli cauliflower salad & Russian rye bread

Day 141—colorful wagon wheel pasta & salsa w/kidney beans
Day 142—multi grain crisp crackers & pink grapefruit wedges
Day 143—whole corn bread & sweet peppers
Day 144—homemade cheese potato soup & milk
Day 145—steamed veggie tray w/celery, carrots, broccoli & garlic bread chips
Day 146—tuna salad & pineapple tidbits
Day 147—gold fish crackers & tangerines
Day 148—pea salad & mini buns
Day 149—roast beef & mashed potatoes
Day 150—whole grain cinnamon oatmeal & peaches
Day 151—ground sausage & cream cheese bagel
Day 152—California blend vegetables & cheese crackers
Day 153—pineapple banana & pretzels (fruit kabobs)
Day 154—homemade eggrolls (enriched flour) & milk
Day 155—pink grapefruit slices & Cheerios
Day 156—whole grain pizza crust w/cream cheese & fresh chopped veggies
Day 157—biscuits & grapes
Day 158—steamed broccoli cauliflower & Towne House Crackers
Day 159—melba toast & steak strips
Day 160—Coco Wheat cereal & blueberries
Day 161—enriched Artesian bread & Colby cheese slices
Day 162—cabbage leaves w/turkey slice rolled up & avocado
Day 163—home made hummus & whole grain pita crackers
Day 164—au gratin potatoes & chocolate milk
Day 165—whole corn bread & homemade chili soup
Day 166—Oatmeal Squares cereal & w/milk & blueberries
Day 167—mashed sweet potato puffs & milk
ST. PATRICK'S DAY—scrambled eggs & broccoli
Day 169—Brussels sprouts & soft bread sticks
Day 170—cooked cabbage w/hamburger & toasted Irish Soda Bread
Day 171—cooked potatoes carrots onions & Artesian bread
Day 172—Kix Cereal cereal w/milk & bananas
Day 173—apple wedges & vanilla wafers
Day 174—mushrooms, jicama, artichoke hearts & whole grain crackers
Day 175—macaroni salad & broccoli
Day 176—marble rye bread & snow peas

Day 177—mini meatballs & whole grain egg noodles
Day 178—homemade lasagna & tomato juice
Day 179—sweet peppers & whole grain crackers
Day 180—soft granola bars & orange slices
Day 181—mini pretzels & milk
EASTER— pears on lettuce & Teddy Graham crackers
Day 183—ham salad & Ritz crackers
Day 184—shredded beef w/Julianne potatoes & cabbage wedge
Day 185—whole grain tortilla shell w/cream cheese & veggies rolled up & milk
Day 186—goldfish crackers & banana slices
Day 187—baked beans & cheese biscuits
Day 188—berry mix & animal cookies
Day 189—sweet potato wedges w/cinnamon/brown sugar & milk
Day 190—frozen banana popsicle & graham crackers
Day 191—tuna salad & orange slices
Day 192—cinnamon swirl bread & apricots
Day 193—leafy salad & lemon muffins
Day 194—strawberry yogurt & graham crackers
Day 195—brown rice & baked asparagus
Day 196—Colby Cheese & round crackers
Day 197—peas, carrots & whole grain egg noodles
Day 198—cold green beans & whole grain crackers
Day 199—grape chicken salad & cloverleaf roll
Day 200—mini chocolate chip muffins & apples
Day 201—meatloaf slices & diced tomatoes
Day 202—saltine crackers & pineapple
Day 203—creamed asparagus & rye bread
Day 204—cottage cheese in ice cream cone & sliced cucumbers
Day 205—bananas & whole grain waffles
Day 206—whole grain flour tortillas & kiwi, blueberries
Day 207—gingerbread & pears
Day 208—cinnamon apple bagel & oranges
Day 209—Colby cheese & pineapple
Day 210—jelly sandwich on whole wheat & peaches
Day 211—mangoes & whole grain cinnamon toast
Day 212—cucumbers, sweet peppers & Cheese-It crackers

MAY DAY—berry mix in biscuit basket & milk
Day 214—roasted Garbanzo beans & Club crackers
Day 215—tomato slices & baked egg casserole
Day 216—strawberries w/whipped cream & cinnamon graham crackers
CINCO DE MAYO—mini whole grain tortilla shells & refried beans
Day 218—whole grain English muffin w/mint jelly & papaya mango passion fruit
Day 219—Kix cereal & bananas
Day 220—green pepper strips, cucumber & mini whole grain bagels
Day 221—oranges & oyster crackers
Day 222—homemade Northern bean soup & pita crackers
Day 223—baked ham slices & pineapple spears
Day 224—banana & Rice Krispies w/milk
Day 225—tangerine slices & Cream of Wheat Oatmeal
Day 226—biscuits & hardboiled egg slices
Day 227—Colby cheese & apple slices
Day 228—lime Yogurt & banana slices
Day 229—oriental vegetables & whole grain crackers
Day 230—sliced grapes & salmon salad
Day 231—homemade zucchini muffins & beets
Day 232—cucumbers, red cabbage & toasted French bread w/parmesan cheese
Day 233—vanilla yogurt w/oats & sweet cherries
Day 234— blackberries, raspberries & Gingerbread
Day 235—ham salad & Ritz crackers
Day 236—fresh plums & co-jack cheese cubes
Day 237—apple wedges & crescent rolls
Day 238—fresh figs, bananas & orange rolls
Day 239—mixed berry salad & whole grain tortilla shells
Day 240—fresh peaches & soft pretzels
Day 241—pickled beets & honey bran muffins
Day 242—whole grain crackers & fresh plums
Day 243—raisins, cucumber slices & whole grain bread
Day 244—French toast sticks & tangerines
Day 245—wild rice & peas w/pearl onions
Day 246—potato bread & dates, figs, plums
Day 247—banana & Teddy Grahams
Day 248—cherry tomatoes & salmon salad

Credit: Community Action of Southeast Iowa, Child & Adult Care Food Program
2850 Mt. Pleasant St., Suite 108, Burlington, IA 52601
E-Mail Tamee DeCoursey at tamee.decoursey@caofseia.org, Telephone 319-753-0193

Day 249—lettuce salad w/diced grapes & whole grain croutons
Day 250—cherry cobbler & milk
Day 251—homemade soft pretzels & honeydew melon
Day 252—nectarine & vanilla wafers
Day 253—daisy wheel biscuits & dark sweet cherries
Day 254—blueberry whole grain pancakes & mandarin oranges
Day 255—ham, lettuce, tomato & whole grain sandwich triangles
Day 256—fresh fruit assortment & whole grain cracker tray
Day 257—macaroni salad & apple slices
Day 258—toasted hot dog bun & cucumber zucchini spinach
Day 259—fresh peaches & whole grain mini bagel
Day 260—chicken/lettuce/lemon salad & Marble Rye bread
Day 261—hardboiled egg & sweet pepper strips
Day 262—cucumber tomato slices & mini BBQ ham balls
Day 263—Teddy Grahams & grapes
Day 264—carrot-raisin celery salad & homemade sour cream muffins
Day 265—Hong Kong stir fry vegetables & chow Mein noodles
Day 266—pineapple, papaya, banana, mango fruit salad & Kix cereal
Day 267—whole grain flour tortilla & warm applesauce
Day 268—whole grain toasted English Muffin & orange slices
Day 269—banana, pineapple, coconut, chopped walnut salad & animal cookies
Day 270—watermelon & soft bread sticks
Day 271—butter beans & Ritz crackers
Day 272—whole grain crackers & blueberries, bananas
Day 273—fresh strawberries & graham crackers
Day 274—pineapple & milk
Day 275—pea pods w/mushrooms & toasted Texas toast
Day 276—Cheerio's w/milk & nectarines
FOURTH OF JULY—watermelon triangles & cottage cheese
Day 278—vanilla yogurt sundae w/blueberries & Graham crackers
Day 279—sesame seed butter on graham crackers & bananas
Day 280—mixed berry fruit "soup" & chocolate chip Teddy Grahams
Day 281—cubed whole grain bread w/sausage gravy & blackberries
Day 282—pineapple spears & Cheese-It crackers
Day 283—frozen orange slices & cinnamon rolls
Day 284—corn on the cob & whole grain bread

Day 285—homemade blueberry muffins & milk
Day 286—mangoes, persimmons & Graham crackers
Day 287—watermelon & provolone cheese slices
Day 288—whole grain elbow macaroni w/pizza sauce & milk
Day 289—honey bagel & watermelon
Day 290—Chex mix & honeydew melon slices
Day 291—rice cakes w/turkey slices & banana
Day 292—egg salad on English muffin & pears
Day 293—steamed baby carrots & whole grain crackers
Day 294—whole grain waffles & sweet dark cherries
Day 295—streamed cauliflower, broccoli & whole grain crackers
Day 296—watermelon & macaroni salad
Day 297—fresh pears & milk
Day 298—tomato slices & mozzarella cheese
Day 299—strawberries & milk
Day 300—whole grain couscous & mixed freshly steamed vegetables
Day 301—hamburger wild rice mix & okra
Day 302—honey dew melon & cinnamon swirl bread
Day 303—watermelon & Colby cheese
PICNIC DAY—baked beans & whole grain crackers
Day 305—chicken salad in whole grain pita pocket & strawberries
Day 306—soft pretzels & cantaloupe
Day 307—pineapple rings & chocolate chip pancakes
Day 308—raspberry applesauce & graham crackers
Day 309—cherries, bananas & animal crackers
Day 310—whole grain flour tortilla w/sweet cream cheese & variety of fresh fruits
Day 311—banana slices on sesame seed buttered toast & milk
Day 312—summer pasta salad w/sweet peppers & tomato slices
Day 313—sweet mini tomatoes & Club crackers
Day 314—vanilla yogurt & banana slices
Day 315—grapes & cottage cheese
Day 316—tuna salad & watermelon
Day 317—ham slices & pineapple rings
Day 318—soft bread sticks & spinach salad
Day 319—plums, apricots & frosted Mini Wheat cereal
Day 320—turkey, Colby cheese rolled up & cantaloupe wedges

Day 321—whole grain flour tortilla triangles & pineapple salsa
Day 322—grapefruit & Kix cereal
Day 323—cucumber, zucchini spears & mini saltine crackers
Day 324—garlic bread w/melted Swiss cheese & Broccoli
Day 325—oatmeal bread & okra
Day 326—whole grain bread w/apple butter & strawberries
Day 327—whole grain pita pocket bread w/cucumbers & Milk
Day 328—honeydew melon & Colby cheese
Day 329—banana-raisin salad & toasted corn cereal
Day 330—apples, raspberries & graham crackers
Day 331—kiwi fruit, bananas & milk
Day 332—chicken salad & tomato slices
Day 333—nectarines & animal cookies
Day 334—sesame seed banana sandwich on hot dog bun & milk
Day 335—plums & mini whole grain bagels
Day 336—grapes, cherries & Life cereal
Day 337—Brussel sprouts & garlic knots
Day 338—broccoli, cheese, rice & milk
Day 339—watermelon triangles & Cream of Wheat cereal
Day 340—lettuce, tomato salad & whole grain crackers
Day 341—peas w/rice & milk
Day 342—V-8 juice & whole grain rotini noodles
Day 343—mozzarella cheese sticks & apricots
Day 344—mango, kiwi & Teddy Grahams
Day 345—watermelon & milk
Day 346—pretzel crackers & fresh dates fresh figs
Day 347—oatmeal bread & fruit cocktail
Day 348—Brussel sprout salad & multi grain rolls
Day 349—cantaloupe & Kix cereal w/milk
Day 350—peach yogurt & Club crackers
Day 351—black bean salsa dip & whole corn chips
Day 352—diced tomato & cottage cheese
Day 353—spaghetti squash & mini hamburger balls
Day 354—whole grain flour tortilla w/scrambled eggs & cherries
Day 355—enriched cheese ravioli & peas
Day 356—whole grain English Muffin & watermelon

Day 357—strawberries & vanilla wafers
Day 358—rice cakes w/sesame seed butter & fresh berries
Day 359—spinach, romaine salad & grapes
Day 360—pumpkin dip & graham crackers
Day 361—black bean hummus & whole grain crackers
Day 362—chicken breast strips & cherry tomatoes
Day 363—pinto beans & whole corn bread
Day 364—homemade apple muffins & cheddar cheese cubes
Day 365—grilled cheese on whole grain bread & peaches

NOTE: Use of a brand name is for example only. All bread products must list enriched or whole grain flour as the first ingredient. See CACFP Chart for portion amounts.

Use replacement foods for leafy, raw, dried fruits, raw and/or stringy vegetables, hard chips, and hard pretzels, for children under 2 years of age as these are choking hazards. Dice round, slippery foods for toddlers.

May 2015

Credit: Community Action of Southeast Iowa, Child & Adult Care Food Program
2850 Mt. Pleasant St., Suite 108, Burlington, IA 52601
E-Mail Tamee DeCoursey at tamee.decoursey@caofseia.org, Telephone 319-753-0193