

# Sample Snacks

From Menus Around The Country



- ☆ Lowfat Yogurt (4 oz.)  
Orange (1 medium)  
Water
- ☆ Alphabet Shaped Pretzels (1 package)  
100% Orange Juice (3/4 cup)
- ☆ Cinnamon Bear Cookies (1 package)  
1% Chocolate Milk (1 cup)
- ☆ Lowfat Chocolate Milk (1 cup)  
Bagel (.9 oz.) with  
Light Cream Cheese (1 oz.)
- ☆ Graham Crackers (3 count)  
2% Milk (1 cup)
- ☆ Yogurt (4oz.)  
100% Orange Juice (3/4 cup)
- ☆ Cinnamon Toast (1 slice)  
100% Apple Juice (3/4 cup)
- ☆ Mozzarella String Cheese (1 oz.)  
100% Fruit Punch (3/4 cup)
- ☆ Corn Chips Snack (1.25 oz. bag)  
100% Apple Juice (3/4 cup)
- ☆ Peanut Butter and Jelly Bar (1)  
Orange Juice (6 oz.)
- ☆ Mini Oatmeal Cookies (1 package)  
100% Blended Strawberry Yogurt (4 oz.)



- ☆ Hummus (1/2 cup)  
Whole-wheat crackers (8 oz.)  
Water
- ☆ Mini Football Cookies (1 package)  
1%, 2%, or Whole Milk (1 cup)
- ☆ Lowfat Chocolate Milk (1 cup)  
Mixed Fruit in Light Syrup (3/4 cup)
- ☆ Petite Banana (1)  
Cheese & Peanut Butter  
Crackers (1 pack)
- ☆ Cottage Cheese (1/2 cup)  
Pineapple Chunks (3/4 cup)  
Water
- ☆ Peanut Butter and Jelly Sandwich (1)  
100% Orange/Apple Juice (3/4 cup)
- ☆ Tiny Twist Pretzels (1 serving)  
1%, 2%, or Whole Milk (1 cup)
- ☆ Apple Pie Explosion Smoothie (1 apple)  
Graham Crackers (1 oz.)
- ☆ Washington Red Delicious Apple (1)  
Teddy Grahams (1 package)
- ☆ Stuffed Eggs (1egg)  
Carrots/Fresh Green Beans (3/4 cup)  
Dip for Vegetables  
Water
- ☆ Apple Granola Bar (1 serving)  
100% Juice (3/4 cup)

- ☆ Apple Surprises (1 apple)  
Lowfat Milk (1 cup)
- ☆ Cheese Crackers (4 count)  
100% Fruit Punch (3/4 cup)
- ☆ Lowfat Milk (1 cup)  
Carrot Sticks/Pepper Strips (3/4 cup)  
Lowfat Ranch Dressing (2 tbsp.)
- ☆ Muffin (1)  
Cantaloupe and Grapes (3/4 cup)  
Dip for Fruit
- ☆ Soft Pretzel (1 serving)  
String Cheese (1oz.)  
Water
- ☆ Grilled Ham and Cheese Sandwich  
(1 slice of bread, 1 oz. cheese,  
1 oz. ham)  
Water
- ☆ Blueberry Muffins (1 serving)  
1 % Chocolate Milk (1cup)
- ☆ Baby Carrots (1.6 oz. bag)  
Mini Sweetie Bear Cookies  
(1 package)
- ☆ Lowfat Chocolate Milk (1 cup)  
Banana (1 medium)
- ☆ Ham Sandwich (1 oz. ham)  
100% Orange Juice (3/4 cup)



\*Please consult your state nutrition agency and USDA Dietary Guidelines when creating menus.

