

Healthy Snack Ideas



Lowfat Yogurt (4 ounces)
Orange (1 medium)
Water

Alphabet Shaped Pretzels (1 package)
100% Orange Juice ($\frac{3}{4}$ cup)

Cinnamon Bear Cookies (1 package)
1% Chocolate Milk (1 cup)

Lowfat Chocolate Milk (1 cup)
Bagel (.9 ounces) with
Light Cream Cheese (1 ounce)

Graham Crackers (3 count)
Lowfat Milk (1 cup)

Yogurt (4 ounces)
100% Orange Juice ($\frac{3}{4}$ cup)

Cinnamon Toast (1 slice)
100% Apple Juice ($\frac{3}{4}$ cup)

Mozzarella String Cheese (1 ounce)
100% Fruit Juice ($\frac{3}{4}$ cup)

Mini Oatmeal Cookies (1 package)
100% Blended Strawberry Yogurt (4 ounces)

Mini Football Cookies (1 package)
Lowfat Milk (1 cup)

Lowfat Chocolate Milk (1 cup)
Mixed Fruit in Light Syrup ($\frac{3}{4}$ cup)

Petite Banana (1)
Cheese & Peanut Butter Crackers (1 pack)
Water

Peanut Butter and Jelly Sandwich (1)
100% Orange/Apple Juice ($\frac{3}{4}$ cup)

Tiny Twist Pretzels (1 serving)
Lowfat Milk (1 cup)

Apple Pie Explosion Smoothie (1 apple)
Graham Crackers (1 ounce)

Red Delicious Apple (1)
Teddy Grahams (1 package)

Whole Wheat Crackers (8 ounces)
Carrots/Fresh Green Beans ($\frac{3}{4}$ cup)
Dip for Vegetables
Water



Apple Granola Bar (1 serving)
100% Fruit Juice ($\frac{3}{4}$ cup)

Apple Surprises (1 apple)
Lowfat Milk (1 cup)

Cheese Crackers (4 count)
Lowfat Milk (1 cup)

Lowfat Milk (1 cup)
Carrot Sticks/Pepper Strips ($\frac{3}{4}$ cup)
Lowfat Ranch Dressing (2 tablespoons)

Muffin (1)
Cantaloupe and Grapes ($\frac{3}{4}$ cup)
Dip for Fruit

Soft Pretzel (1 serving)
String Cheese (1 ounce)
Water

Grilled Ham and Cheese Sandwich (1 slice
of bread, 1 ounce cheese, 1 ounce ham)
Water

Blueberry Muffin (1 serving)
1% Chocolate Milk (1 cup)

Baby Carrots (1.6 ounce bag)
Mini Sweetie Bear Cookies (1 package)
Lowfat Milk (1 cup)

Lowfat Chocolate Milk (1 cup)
Banana (1 medium)

Ham Sandwich (1 ounce ham)
100% Orange Juice ($\frac{3}{4}$ cup)



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