

## Snack List

### **Fruit Pizza**

Whole grain tortilla spread with strawberry or plain cream cheese, top with sliced fruit.

### **Shrunken Sandwiches**

Slice ham and cheese into small squares or rounds to match the size of the crackers and stack.

### **Fruit Wheels**

Rice cakes spread with cream cheese and cut up fruit on top.

### **Veggie Patch Bagel Bites**

Mini whole wheat bagels sliced in half, spread with cream cheese and top with diced veggies. Optional: flavor cream cheese by adding tablespoon of dry ranch.

### **Apple Yogurt**

Mix chopped apples with yogurt and top with granola.

### **Banana dogs**

Whole wheat hot dog bun spread with peanut butter or cream cheese, and add banana to the bun.

### **Waffle Tacos**

Spread heated whole grain waffles with peanut butter or cream cheese and top with banana slices. Fold in half like a taco.

### **Fruit smoothies**

Yogurt or milk blended with favorite fruits.

### **Humpty Dumpty Crack-up!**

Slice hard boiled eggs with whole grain crackers, string cheese or fruit.

### **Strawberry Frozen Yogurt**

Blend frozen strawberries with yogurt until smooth.

### **Fruit Mix Ups**

Cottage cheese mixed with fruit, such as peaches, pineapple or blueberries.

### **Pumpkin Dip**

Mix 3 Tbsp puree pumpkin with 1-cup fat free yogurt. Add a splash of orange juice and sprinkle cinnamon to taste. Serve with apple slices and graham crackers.

### **Power Barbells**

Connect cheese cubes to each end of a pretzel stick.

### **Turkey Sushi Rolls**

Whole wheat tortilla spread with cream cheese. Layer turkey, spinach and shredded carrots, roll tight. Slice into one inch pieces and flip them onto their side to look like sushi.

### **Pizza Face**

Whole wheat English muffin spread with tomato sauce and shredded cheese. Dice up the veggies and allow the kids to create their own crazy pizza face.

### **Ants on a Log**

Celery sticks spread with peanut butter and topped with raisins.

### **Tortilla Roll-Up**

Roll sliced ham and cheese in a whole grain tortilla.

### **Corn and Black Bean Salsa**

Mix 1 can each of drained corn, black beans and diced tomatoes. Serve with whole grain crackers or chips.

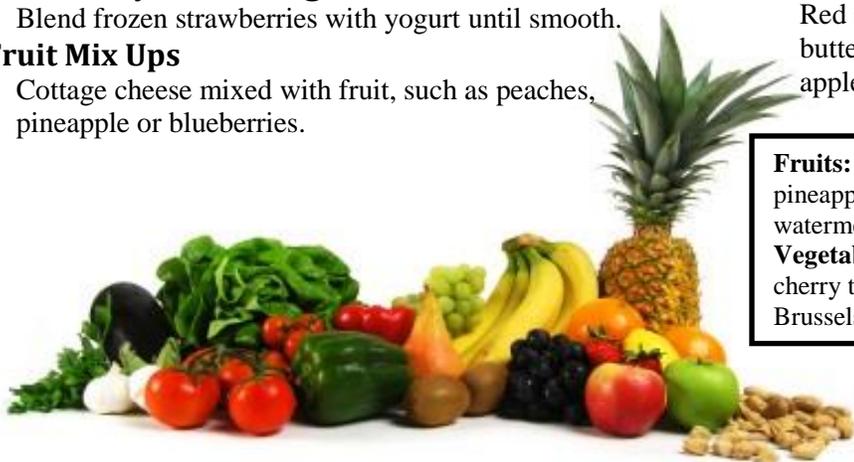
### **Hummus**

Combine 1 can chickpeas, ½ tsp cumin, 2 tsp lemon juice and 3 Tbsp liquids from beans in a blender. Blend until smooth. Serve with veggies or whole-wheat pita.

### **Apple Raisin Ladybugs**

Red apples halves (red side up), dip raisins in peanut butter or cream cheese, and sticking on red side of apple. Cut grapes in half for head and feet.

**Fruits:** Honeydew, cantaloupe, kiwi, bananas, mangos, pineapple, strawberries, blueberries, raspberries, peaches, watermelon, oranges, apples, grapes, pears, dried fruit, etc.  
**Vegetables:** Spinach, tomatoes, carrots, broccoli, bell peppers, cherry tomatoes, cauliflower, celery, zucchini, cucumbers, Brussels sprouts, egg plant, pumpkin, squash, onion, etc.



- \*\*\* Give children the opportunity to create their own snacks whenever possible, such as spreading, decorating or peeling.
- \*\*\* Always sanitize cooking area and have children wash their hands before handling food.
- \*\*\* To keep fruit from browning, place sliced fruit (examples: apples, bananas) in water with a little lemon juice before serving.
- \*\*\* Keep in mind choking hazards for children younger than 4 years: hot dogs, grapes, peanut butter, popcorn, raw vegetables, raisins, candy, chunks of meat or cheese, and anything not easily chewable.
- \*\*\* To serve vegetables to children younger than 4 years, lightly steam the vegetables to make them softer and serve them warm or cold.