## Healthy Snack Ideas

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1	Cucumber coins	2	Fruit parfait	3	Bran muffin
	Whole grain crackers		(yogurt & mixed fruit)		Milk
4	Mini sandwiches (cut	5	Bread sticks	6	Tuna salad on
	into quarters) and Milk		Pizza sauce		Whole grain bagel
7	Chex mix	8	Pita Bread	9	Cottage cheese
	Yogurt		Hummus		Blueberries
10	Whole grain tortilla	11	Bran cereal	12	Carrot sticks
10	topped with egg salad	11	Sliced strawberries	12	Whole grain crackers
13	Mini pizzas	14	Trail mix	15	Tortilla pinwheels
13	(English muffin topped with	14	(mini pretzels, raisins,	13	(Spread on tortilla: cream cheese,
	tomato sauce, shredded		granola)		shredded lettuce, grated carrots
	cheese & any veggies)		Milk		& diced red peppers)
16	Applesauce	17	Banana bread	18	Tomato wedges
10	Whole wheat toast	1,	Cantaloupe	10	Cheese slices
19	Melon balls	20	Hardboiled egg	21	Cheese quesadilla
1)	Rice cakes	20	English muffin	<b>4</b> 1	Salsa
22	Egg salad	23	Tomato soup	24	Whole grain tortilla chips
22	Pita bread	23	Crackers	24	Guacamole/salsa
25		26	Broccoli florets	27	
23	Snap peas, Baby carrots	20		21	Green/red peppers
20	Hummus	20	Whole grain crackers	20	Whole wheat roll
28	String cheese	29	Raspberries	30	Yogurt
	Mandarin oranges		Oatmeal		Granola
31	Baked sweet potatoes or	32	Scrambled egg roll-up	33	Toasted oat cereal
	Apples (top with brown		(roll scrambled egg, shredded		Mixed berry salad
	sugar, ground cinnamon &		cheddar cheese and salsa into a tortilla)		(raspberries, strawberries,
	nutmeg, butter, & water – bake until soft)		a toruna)		blueberries, and/or blackberries)
	Milk				tossed with orange juice
34	Nachos (baked whole grain	35	Strawborry shortcale	36	Fruit & cheese plate
34	tortilla chips with melted	33	Strawberry shortcake (1/2 buttermilk biscuit	30	(cut up fresh fruit and cheese
	cheese)		topped with strawberries and		cubes or string cheese)
	Salsa		vanilla yogurt)		cubes of string enecie;
37	Bean salad (mix beans,	38	Kabobs (thread low-fat	39	Edamame
51	salsa, and Greek yogurt)	20	meat, cheese, pineapple and	5)	Turkey Roll-Ups (turkey
	Pita bread		cherry tomatoes onto a stick)		slices rolled up and dipped in
	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2		Milk		honey mustard - optional)
40	Mini bagels	41	Whole grain crackers	42	Cottage cheese
	Homemade Popsicles		Sweet Potato Fries		Fresh fruit salad
	(puree watermelon, mango		(sweet potatoes sliced, tossed		(mango, berries, pineapple,
	strawberries, banana, etc. and		with olive oil, and baked at		grapes, mandarin oranges)
	freeze in popsicle molds)		400° for 10 minutes)		
43	Cauliflower spears	44	Whole grain toast	45	Cheese cubes
	Bread sticks		Grapes		Cherry tomatoes
46	Blueberry muffins	47	Raw veggies (cucumbers,	48	Red pepper cut into
	Clementines (Cuties)		peppers, jicama, carrots)		quarters and topped with
	(		Hummus		Chicken salad
49	Apples	50	Yogurt	51	Egg salad
• • • •	Cubed Cheese		Peaches	01	Pita wedges
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