



# 51 Snacks for Kids

Dry cereal and dried cherries  
Oat-O's, peanuts, and carob chips  
Shredded wheat, lowfat milk, blueberries  
Layered yogurt, granola, strawberries  
Skewered cantaloupe and cheddar cheese cubes  
Apple and cheese slices  
Banana dipped in peanut butter  
Strawberries dipped in strawberry cream cheese  
Clementine and cheese stick  
Applesauce cup and graham crackers  
Hummus and flat pretzels  
Hummus and baby carrots  
Tortilla with melted cheese (quesadilla)  
Baked potato with shredded Monterey Jack cheese and salsa  
Air popped popcorn  
Toast with butter and jam  
Toast with nut butter and banana  
English muffin with butter and honey  
Banana or other fruited muffin and 6 oz. milk  
Deli meat wrapped around a cheese stick  
Snap peas and red peppers with Laughing Cow cheese  
Coconut yogurt and mini chocolate chips  
Nuts and dried fruit  
A cup of soup  
Tomato and cottage cheese  
Oatmeal cookies and milk  
100% Orange Juice popsicle

Half of a sandwich and a glass of 100% fruit juice  
Cheese and crackers  
Peanut butter and pretzels  
Mini bagel and cream cheese  
Homemade trail mix (cereal, nuts, dried fruit)  
Red grapes and cheese kabobs  
Pepperoni mini pizza (pita, sauce, cheese and turkey pepperoni)  
Black olives and feta cheese  
Frozen yogurt popsicle  
All fruit popsicle  
Oatmeal and berries  
Low fat chocolate milk and whole grain crackers  
Mozzarella and tomato skewers  
Tuna fish salad and crackers  
Chicken salad and green grapes  
Tossed salad with cheese cubes and dressing  
Low Fat Ranch dressing and veggies  
Smoothie made with frozen berries, yogurt and milk  
Celery sticks with cream cheese or nut butter  
Chocolate hazelnut butter and graham crackers  
Melon balls with a dollop of Greek Yogurt  
(cantaloupe, watermelon, honeydew)  
Avocado spread on whole grain crackers  
Whole grain waffle swiped with peanut butter  
½ grilled cheese sandwich and vegetable juice

