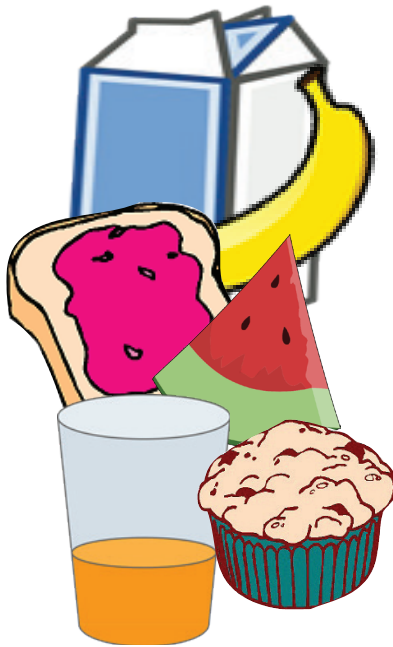




Beyond Crackers.... Snack Ideas for the CACFP



Crackers are an easy snack item that young children like. But it's easy to fall into a rut of serving crackers everyday. Use the suggestions on this TIP sheet to inspire breaks in a cracker routine.

When a beverage is not on a snack menu, water should be offered. Milk must be unflavored whole for 1 year olds, unflavored 1% or skim for ages 2-12, with the option of flavored skim for age 6-12 years.

Many of the grain foods in these suggested menus have whole grain-rich versions that may be used to meet the once-a-day whole grain food requirement.

Banana Bread Milk	Blueberries French Toast Sticks	Peanut Butter on WW Bread
Tortilla with Melted Cheese	Pancake Milk (freeze leftover breakfast pan- cakes to heat up for a snack)	Ramen Noodles Carrot Sticks
Kiwi ½ String Cheese	WW Toast with Cinnamon Sugar Apple Slices	Raisin Bread Toast Applesauce
Deli Turkey WW Dinner Roll	<i>Ants on a Log</i> Celery, Peanut Butter, Raisins	Assorted Veggies Homemade Hummus
Homemade Chex Mix 100% Juice	Ham or Cheese Cubes Pretzels Sticks	Toasted English Muffin Grapes
Banana Milk	Mini Rice Cakes (non-sweet type) Tangerines	Mac n' Cheese Milk
Bread Stick Pizza Sauce to Dip	Raisins/Peanuts in Trail Mix Milk	Cereal Milk
Oven Potato Fries 100% Juice	Fruit Salad (combine fruits from the week to make a Friday snack) Biscuit	SunChips 100% Juice
Yogurt Berries or Peaches	Leftover Pizza 100% Juice	Frosted Mini-Wheats Oranges
Muffin Milk	Pineapple Cottage Cheese	
Toaster Waffle Peanut Butter		