Minnesota Department of Education

Snack Menu Ideas List

Plan at least two food items from two different columns.

Bread* (1 serving)	Fruit/Vegetable (3/4 cup)	Meat/Meat Alternate (1 oz./equivalent)	Milk (8 fl. oz.)
Animal crackers	Apple Cider	Beef	Skim or Nonfat Milk
Bagels	Apple Sauce	Cheese (cubed, sliced, sticks, melted)	Low Fat Milk
Biscuits	Apple Wedges	Chicken	Reduced Fat Milk
Bread	Baked Apples	Cottage Cheese	Whole Milk
Breadsticks	Banana (fresh, frozen)	Eggs (1/2 large egg)	Lactose-Free Milk
Cereal	Blueberries	Nuts	Buttermilk
Cereal Bars	Broccoli	Nut butters (2 Tbsp.)	Acidified Milk
Chow Mein Noodles	Cantaloupe	Peanut Butter (2 Tbsp.)	Unflavored or Flavored Milks
Cinnamon Toast	Carrot Sticks	Pork	
Cookies (plain, w/nuts, raisins, chocolate pieces or fruit purees)	Cauliflower	Sausage	
Croissants	Celery	Seeds	
Doughnut	Cherries	Seed butters (2 Tbsp.)	
Dry Cereal Mix	Cucumber slices	Turkey	
English Muffin	Fruit Cocktail	Yogurt (4 oz.)	
French Bread	Fruit Juice (100%) - apple, grape, orange, pineapple, combination		
French Toast Sticks	Grapes (sliced, frozen)		
Graham Cracker	Honey Dew Melon		
Granola Bar (plain, w/fruit, nuts, raisins, or chocolate)	Lettuce Salad		
Goldfish Crackers	Marinara Sauce		
Macaroni	Nectarines		
Melba Toast	Orange Sections		
Muffins	Peaches		
Noodles	Pears		
Oyster Crackers	Peppers		
Pancakes	Pineapple		
Pasta	Plums		
Pizza Crust	Potato (baked, mashed)		
Pretzels (hard, soft)	Raisins		
Rice	Raspberries		
Rice Cakes	Salsa		
Ritz Cracker	Squash		
Rolls	Strawberries		
Soda Cracker	Sweet Potatoes		
Soft Tortilla	Tangerines		
Toast	Tomato Juice		
Toaster Pastries	Vegetable juice		
Tortilla Chips	Watermelon		
Waffles	Yams		
Whole Wheat Bread			
Wheat Thins			

* Based on portion size, some items may require that more than one package is served. Refer to bread/grain crediting chart or manufacturer's product fact sheet/Child Nutrition (CN) label for portion size requirements.