

After School Snack Ideas (K- 12 grades)

Pumpkin bread/muffin - 1.8 oz. slice or larger Pineapple juice - $\frac{3}{4}$ cup	Toasted cheese on whole wheat bread (1 slice bread .9 oz & 1 oz cheese)
Broccoli, carrot and cauliflower pieces - $\frac{3}{4}$ cup total vegetables w/dip Wheat crackers - 8 shredded wheat type or .7 oz	Lowfat yogurt – $\frac{1}{2}$ cup Fruit slices – $\frac{3}{4}$ cup (strawberry, apple, kiwi, or other)
Soft pretzel 1 - .9 oz or larger Apple juice – $\frac{3}{4}$ cup	Baked apple with raisins – 1 medium apple + $\frac{1}{4}$ cup raisins Cheese cube -1 oz.
Refried beans – 2 Tbsp + (cheese .5 oz) Tortilla chips - .9 oz	Watermelon – $\frac{3}{4}$ cup Sweet cinnamon roll unfrosted - 1.8 oz
Tuna, egg or ham salad – 1 oz meat or $\frac{1}{2}$ egg Pita pockets - .9 oz	Bran muffin - 1.8 oz Pear (fresh or canned) - $\frac{3}{4}$ cup
Lowfat yogurt – 4 fl. oz Wheat crackers – 8 shredded wheat type or .7 oz	Bagel and cream cheese - .9 oz bagel Juice – $\frac{3}{4}$ cup
Cornbread muffins - 1.1 oz Milk – 1 cup	2 T peanut butter & 8 saltine crackers - .7 oz
Cheese sticks or cubes – 1 oz Seedless grapes – $\frac{3}{4}$ cup	English muffin - .9 oz Pineapple orange juice - $\frac{3}{4}$ cup
Vegetable juice – $\frac{3}{4}$ cup String cheese – 1 oz.	Fresh fruit salad – $\frac{3}{4}$ cup Pancake - 1.1 oz
Blueberry muffin - 1.8 oz Cottage cheese – $\frac{1}{4}$ cup	Cantaloupe – $\frac{3}{4}$ cup Saltines - 8 crackers or 7 oz
Banana slices - $\frac{3}{4}$ cup Graham crackers squares - .9 oz	Applesauce - $\frac{3}{4}$ cup Graham crackers squares - .9 oz
Hard boiled egg – $\frac{1}{2}$ egg Grape juice – $\frac{3}{4}$ cup	Fried rice – $\frac{1}{2}$ cup Peach (fresh or canned) – $\frac{3}{4}$ cup
Cereal mix – $\frac{3}{4}$ cup Milk – 1 cup	Oatmeal cookie - 1.1oz. Strawberry/peach/pineapple kabobs - $\frac{3}{4}$ c.
Whole wheat toast - .9 oz Orange slices – $\frac{3}{4}$ cup	Plain granola bar - 1.8 oz Cheese stick – 1 oz
Hard bread stick - .7 oz Cheese cubes – 1 oz	French toast - 2.2 oz Melon balls – $\frac{3}{4}$ cup
Biscuits - .9 oz Pineapple chunks - $\frac{3}{4}$ cup	Strawberries - $\frac{3}{4}$ cup Cinnamon grahams - .9 oz
Banana muffin - 1.8 oz Milk - 1 cup	Cornbread - 1.1 oz piece Baked apples – $\frac{3}{4}$ cup
Whole grain bread - .9 oz Mandarin oranges – $\frac{3}{4}$ cup	Soft pretzel - .9 oz Pears - $\frac{3}{4}$ cup
Muffin - 1.8 oz Juice – $\frac{3}{4}$ cup	Bran muffin - 1.8 oz Apple slices - $\frac{3}{4}$ cup
Purchased cinnamon roll - 1.8 oz unfrosted Pineapple juice – $\frac{3}{4}$ cup	English muffin – .9 oz Fruit cocktail – $\frac{3}{4}$ cup
Rice – $\frac{1}{2}$ cup Peaches – $\frac{3}{4}$ cup	French bread –.9 oz Pears – $\frac{3}{4}$ cup diced

Whole wheat toast 1 slice - .9 oz Tomato juice – ¾ cup	Saltine – 8 crackers or .7 oz Cheese – 1 oz
Waffles – 1 frozen (1 serving - 1.1 oz or larger) Strawberries – ¾ cup	Homemade cheese pizza – (crust .9 oz or larger) with cheese (1 oz)
Grain fruit bar - 2.2 oz Cocoa (made with fluid milk) – 1 cup	Pig in a blanket – biscuit (.9 oz or larger) + hot dog (1 oz.)
Graham crackers – .9 oz Apricots - ¾ cup canned	Fruit cup – ¾ cup Cheese – 1 oz
Raisin toast - .9 oz slice Orange Juice – ¾ cup	Assorted cereal mix – ¾ cup Juice = ¾ cup
Peanut butter cookies – 1.1 oz. Milk – 1 cup	½ sandwich (1 slice whole wheat bread) 1 oz meat
Oatmeal muffin - 1.8 oz Melon balls – ¾ cup	Apple rings – ¾ cup Peanut butter – 2 Tbsp
Ginger snaps – 1.1 oz. Applesauce – ¾ cup	Graham crackers - .9 oz Milk – 1 cup
Saltines – 8 squares or .9 oz Vegetable sticks – 9 carrot sticks (4”x ½”) + 6 celery sticks (3” x ¾”) Ranch dressing dip (extra)	Cucumber and carrot coins – ¾ cup total Cottage cheese - ¼ cup
Toast – .9 oz Peanut butter – 2 Tbsp	Whole wheat hard bread sticks - .7 oz total Fruit salad or cocktail – ¾ cup
Hard breadsticks - .7 oz total Tomato juice – ¾ cup	Cottage cheese – ¼ cup Crushed pineapple – ¾ cup
Granola bar – 1.8 oz Grape juice – ¾ cup	Fruit kabobs – ¾ cup total Cheese sticks – 1 oz
Cinnamon toast – 1 slice or .9 oz Pineapple juice – ¾ cup	Deviled eggs – ½ egg Wheat thins - .7 oz
Bagel - .9 oz Orange slices - ¾ cup	Homemade cinnamon roll -.9 oz unfrosted Milk -1 cup
Graham cracker square - .9 oz Fruit cocktail – ¾ cup	Scrambled egg - (1/2 egg = 1 oz) Tortilla – 8 inch
Cottage cheese – ¼ cup Corn chips - .9 oz	Pineapple chunks or grapes – ¾ cup Animal crackers - .9 oz
Apple slices – ¾ cup Cheese slice – 1 oz	Pancake - 1.1 oz Peanut butter – 2 Tbsp.
Strawberries – ¾ cup (or other fruit) Cereal – ¾ cup	Pear slices – ¾ cup Swiss cheese – 1 oz
Shaved ham – 1 oz. Saltine crackers – 8 squares or .9 oz	Fortune cookies (extra) Mandarin oranges – ¾ cup Fried rice – ½ cup
Soft pretzel - .9 oz Homemade Cheese Sauce - 1 oz meat alternative	Ants on a log (celery, peanut butter, raisins) 2 Tbsp. Peanut butter + 12 - 3 ¾” celery sticks
Peanut butter cookie - 1.1 oz total Milk – 1 cup	Milk shakes (made with 1 c. fluid milk) Sugar cookie - 1.1 oz