



## After School Snack Ideas (Grades K-12)



WG-R Pumpkin muffin – 2 oz. 100% Apple juice – $\frac{3}{4}$ cup/6 fl. oz.	WG-R Bagel and cream cheese* – 1 oz. bagel 100% Orange juice – $\frac{3}{4}$ cup/6 fl. oz.
Broccoli, carrot, and cauliflower pieces – $\frac{3}{4}$ cup total vegetables (may serve with low-fat dip*) WG-R Wheat crackers – 8 shredded wheat type or 0.8 oz.	Peanut butter or Sun butter – 2 Tbsp. WG-R Saltine crackers – 8 crackers or 0.8 oz.
WG-R Soft pretzel – 1 oz. Milk (low-fat or fat-free) – 8 fl. oz.	Fresh fruit salad – $\frac{3}{4}$ cup WG-R Pancake – 1.2 oz.
Refried beans – 2 Tbsp. + Shredded cheese – 0.5 oz. WG-R Tortilla chip – 1 oz.	Cucumber and carrot coins – $\frac{3}{4}$ cup Cottage cheese – $\frac{1}{4}$ cup
Tuna, egg, or ham salad – 1 oz. meat or $\frac{1}{2}$ egg WG-R Pita pockets – 1 oz.	Cantaloupe – $\frac{3}{4}$ cup Shaved ham – 1 oz.
Low-fat yogurt – $\frac{1}{2}$ cup Mixed berries – $\frac{3}{4}$ cup	WG-R Graham Crackers – 1 oz. Strawberry, peach, & pineapple (mixed) – $\frac{3}{4}$ cup
WG-R Cornbread muffin – 1.2 oz. Milk (low-fat or fat-free) – 8 fl. oz.	WG-R Plain granola bar – 2.4 oz. Cheese stick – 1 oz.
Cheese sticks or cubes – 1 oz. Seedless grapes – $\frac{3}{4}$ cup	WG-R French toast – 2.4 oz. Melon balls – $\frac{3}{4}$ cup
Banana slices – $\frac{3}{4}$ cup WG-R Graham cracker squares – 1 oz.	WG-R Cornbread – 1.2 oz. piece Baked apples – $\frac{3}{4}$ cup
Hard-boiled egg – $\frac{1}{2}$ egg (can serve whole egg) Cherry tomatoes, carrots, celery – $\frac{3}{4}$ cup total vegetables (may serve with low-fat dip*)	WG-R English muffin – 1 oz. (may serve with cream cheese*) Milk (low-fat or fat-free) – 8 fl. oz.
WG-R Cereal mix – 1 oz. eq. Milk (low-fat or fat-free) – 8 fl. oz.	WG-R Waffles – 1.2 oz. or larger Strawberries – $\frac{3}{4}$ cup
WG-R Whole wheat toast – 1 oz. slice Orange slices – $\frac{3}{4}$ cup	Deviled eggs – $\frac{1}{2}$ egg (can serve whole egg) WG-R Wheat Thins – 0.8 oz.
WG-R Hard bread stick – 0.8 oz. Cheese cubes – 1 oz.	WG-R Soft Pretzel – 1 oz. 100% Orange juice – $\frac{3}{4}$ cup/6 fl. oz.
WG-R Banana muffin – 2 oz. Milk (low-fat or fat-free) – 8 fl. oz.	Apple Slices – $\frac{3}{4}$ cup Peanut butter or Sun butter – 2 Tbsp.
WG-R Oatmeal – $\frac{1}{2}$ cup cooked Peaches – $\frac{3}{4}$ cup	Pear slices – $\frac{3}{4}$ cup Cheddar cheese – 1 oz.
Toasted cheese on WG-R whole wheat bread (1 oz. cheese & 1 oz. eq. slice of bread)	WG-R Grain fruit bar – 2.4 oz., Milk (low-fat or fat-free) – 8 fl. oz.
Low-fat yogurt – $\frac{1}{2}$ cup Fruit slices – $\frac{3}{4}$ cup (strawberries, apple, kiwi, or other)	WG-R Pretzel Sticks – 0.8 oz. CN labeled cheese sauce – serving equal to 1 oz. meat alternate
Baked apple with raisins – 1 medium apple + $\frac{1}{4}$ cup raisins WG-R Wheat crackers - 8 shredded wheat type or 0.8 oz.	Mandarin oranges – $\frac{3}{4}$ cup WG-R Animal crackers – 1 oz.
WG-R Purchased cinnamon roll – 2 oz. unfrosted Milk (low-fat or fat-free) – 8 fl. oz.	WG-R Oatmeal muffin – 2 oz. Apricots – $\frac{3}{4}$ cup

A snack must include **two different components** from the following four components:  
Fluid Milk (8 fl. oz.), Fruit/Vegetable ( $\frac{3}{4}$  cup), Grain (1 oz. eq.), Meat/Meat Alternate (1 oz.)