

## **Mix and Match Snacks for the Child Care Menu** (Snacks require 1 food from 2 food groups)

Link to OSPI – CACFP for the most current [Meal Pattern Serving Sizes and other CACFP Guidelines.](#)

Modify raw fruits and veggies for children under 4 – [Refer to Choke Prevention on the CCHOP website.](#))

### **Breads & Grains**

1-5 yrs = 1/2 oz eq.  
6-12 yrs = 1 oz eq.

- Crackers (whole grain)
- Pretzels
- Popcorn
- Tortillas/corn and flour
- Low sugar cereal ( $\leq 6$  gms sugar)
- English muffins
- Bagels/bagel chips
- Bread sticks
- Brown Rice Crackers
- Rolls or buns
- Pita pockets/pita chips
- Chapatti
- Naan
- Bread (whole wheat)
- Muffins – homemade
- Injera (Teff grain)
- Ramen/Soba noodles

### **Meat & Alternatives**

1-5 yrs = 1/2 oz eq.  
6-12 yrs = 1 oz eq.

- Bean dip/spread
- Pumpkin and sunflower seeds
- Tuna fish
- Yogurt ( $\leq$  than 23 gms sugar)
- Cheese, sliced, grated, string
- Cottage cheese
- Eggs, egg salad
- Tofu sticks
- Sliced or chopped meat
- Nut butters

### **Fruits & Vegetables**

1-5 yrs = 1/2 c, 6-12 yrs = 3/4 c

- Apple
- Apricot
- Applesauce
- Banana
- Berries,
- Avocado
- Peach
- Melon
- Pear
- Pineapple
- Orange
- Grapefruit
- Cherries
- Plum
- Nectarine
- Kiwi,
- Tangerine
- Prunes
- Raisins
- Dates
- Pumpkin
- Mango
- Papaya
- Guava
- Asparagus
- Carrots
- Broccoli
- Cauliflower
- Peas
- Celery
- Jicama
- Radish
- Celery
- Peppers
- Romaine lettuce
- Cucumber
- Corn
- Eggplant
- Fruit or Vegetable salsa

### **Dairy**

1-5 yrs = 1/2 c, 6-12 yrs = 3/4 c

- 1% Milk
- Yogurt ( $\leq$  than 23 gms sugar)
- Cottage cheese
- Hard cheese slices
- String cheese
- Soy milk w/ Vit. D/Calcium
- Rice milk Vit. D/Calcium

### **Combination Foods**

- Fruit smoothies
- Fruit parfaits
- Fruit plate w/yogurt dip
- Apple w/cheese
- Chopped veggies w/yogurt & herb dip
- Sliced fruit w/cinnamon dip
- Corn chips w/salsa, bean dip
- Flour tortilla roll-ups
- Pita bread w/tuna
- 1/2 hard boiled egg, sliced melon
- Cucumber chips w/hummus
- WW Toast w/ nut butter
- Bread stix w/Marinara sauce
- English muffin w/avacodo, tomato slices
- English muffin pizza
- 1/2 baked potato with salsa/cheese
- Celery sticks with sunbutter
- Oranges sections and wheat crackers
- Pineapple rings or pear half with cottage cheese
- Bell pepper slices, sesame sticks, yogurt/herb dressing
- Seed and dried fruit mix
- Salad Bar w/seeds, cheese, croutons, assorted veggies
- Ramen noodle soup w/tofu

### **Child Care Health Outreach Program**

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