Quick Snacks for Child Care - Mix and Match
(Snacks require 1 food from 2 food groups)

Consult your CACFP Meal Pattern for most accurate Portion Sizes.

Breads & Grains
- Crackers (whole grain)
- Pretzels
- Popcorn
- Tortillas/corn and flour
- Low sugar cereal (<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/Sooba noodles

Meat & Alternatives
3-6 yrs =1/2 oz, 6-12 yrs =1 oz
- Bean dip/spread
- Pumpkin and sunflower seeds
- Tuna fish
- Yogurt (< than 23 gms sugar)
- Cheese, sliced, grated, string
- Cottage cheese
- Eggs, egg salad
- Tofu sticks
- Sliced or chopped meat
- Nut butters
- Edamame

Fruits & Vegetables
3-6 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
3-6 yrs =1/2 c, 6-12 yrs =3/4 c
- 1% Milk
- Yogurt (< 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 vegies w/yogurt & herb dip
- Sliced fruit w/cinnamon dip
- Corn chips w/salsa,bean dip
- Flour tortilla roll-ups
- Pita bread w/tuna
- ½ 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
- ½ 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
3020 Rucker Avenue, Suite 104
Everett, WA 98201-3900
childcarehealth@snohd.org
425.252-5415

Healthy Lifestyles, Healthy Communities