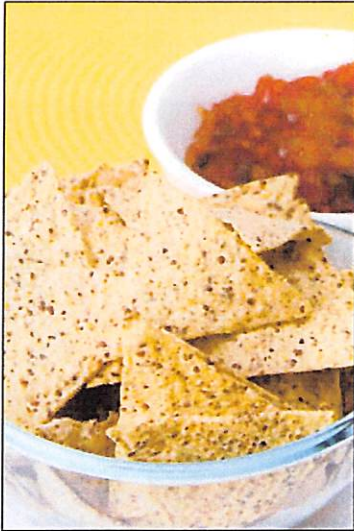


SNACK IDEAS

Healthy snack ideas are always in demand. The following snacks are healthy, reimbursable snacks as long as they're served in the correct amounts according to the meal pattern.



Cheese cubes, sugar snap peas and cucumbers

Applesauce and whole grain crackers

Cottage cheese and tomatoes

Baked tortilla chips and salsa

Coleslaw and cornbread

Pasta salad and milk

Zucchini bread and Greek yogurt

Yogurt and strawberries

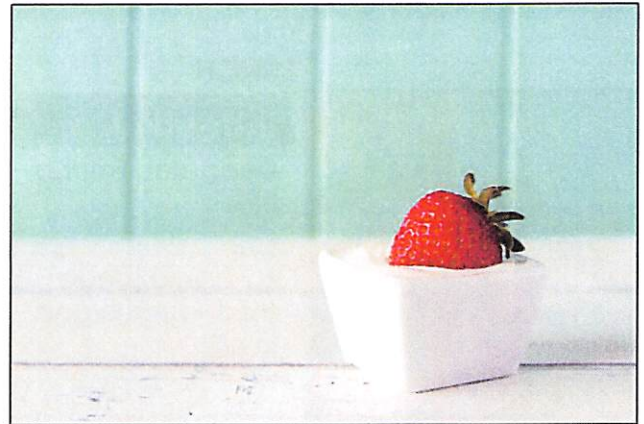
Carrots and mini rice cakes

String cheese and watermelon

Whole grain waffles and blueberries

Mini whole grain bagels and pineapple

Whole grain muffins and milk



Tuna fish and whole grain crackers

Boiled eggs and whole wheat toast

Celery and peanut butter

English muffins and cheese

Carrots and hummus

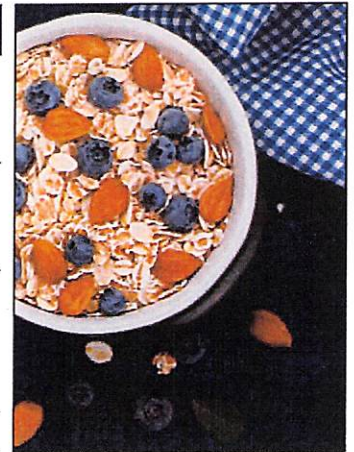
Tortilla, beans and cheese

SERVE THIS, NOT THAT

This fact sheet gives some practical ideas for what to serve to meet the new CACFP meal pattern. Don't feel like these are the only options that you can serve. Get creative in what you serve to help the children receive the healthiest meals they can.

BREAKFAST

Instead of...	Serve	Why?
Cinnamon Rolls	Oatmeal	Cinnamon rolls are a grain based dessert, oatmeal would count as a whole grain rich item
Pop Tarts	Whole Wheat Toast	Pop tarts are a grain based dessert, the whole wheat toast would count as your whole grain rich item
Honey Nut Cheerios	Frosted Mini-Wheats	Honey nut cheerios do not meet the sugar requirements, frosted mini-wheats do and would count as a whole grain rich item
Cereal Bar	Muffins	Cereal bars are a grain based dessert



LUNCH



Instead of...	Serve	Why?
Deep fried French fries	Baked French fries	Deep frying on site is not allowed, you are able to purchase frozen French fries to bake and serve
Fry bread (deep fried – submerged in oil)	Fry bread (pan fried – thin layer of oil)	Deep frying on site is not allowed, using a small amount of oil to prevent sticking will still allow the fry bread to cook without the added calories from deep frying
Homemade deep fat fried tortillas (tostadas, chips, etc.)	Baked tortillas	Deep frying on site is not allowed, baking tortillas will crisp them up without the added calories from deep frying

SNACKS

Instead of...	Serve	Why?
Graham Crackers	Triscuits	Graham crackers are a grain based dessert, Triscuits count as a whole grain rich item
Animal Crackers	Wheat thins	Animal crackers are a grain based dessert, wheat thins count as a whole grain rich item
Granola Bar	Mini bagel	Granola bars are a grain based dessert