



## CACFP Snack Ideas

### English Muffin, Nut Butter, Strawberries

English Muffin (G), Strawberries (F), Nut Butter (E)

### Broccoli and Cheese Baked Potato

Potato/Broccoli (V), Cheese (M)

### Tomato Salad & Tortilla Chips

Tomato/Onions/Green & Red Pepper (V)

Tortilla Chips (G)

### Fruit & Cheese Snack Pack

Cheese (M), Sliced Grapes (F), Almonds (E)

### Pasta Salad

Noodles (G), Green Peppers/Onion (V)

Ham and Dressing (E)

### Cottage Cheese & Peaches

Cottage Cheese (M), Sliced Fresh Peaches (F)

### Melon Madness

Watermelon, Cantaloupe and Honeydew (F)

Plain Yogurt (M) for dipping!

### Open Egg Salad Sandwich

Egg (M), Bagel (G), Mayo/Mustard/Celery (E)

### Banana Sundae

Bananas (F), Cereal (G), Sprinkles (E)

Freeze bananas pieces + blend until you have a smooth consistency. Add toppings and a cherry!

### Snack Stackers

Turkey/Cheese (M), Tomatoes/Cucumber (V)

### Grilled Tomato & Cheese Triangle

Whole Wheat Bread (G), Cheese (M), Tomato (E)

### Party Parfait

Yogurt (M), Berries/Banana (F), Granola (E)

### Samurai Banana Sushi Rolls

Tortilla (G), Banana (F), Peanut Butter (E)

Roll up + cut into sushi slices!

### Ants on a Carrot Log

Nut/Seed Butter (M), Carrots (V), Raisins (E)

### Sunrise Smoothie

Pineapple (F), Plain Yogurt (M), Topping(s) (E)

Blend + Serve. Top with shredded coconut!

### Hard-Boiled Egg & Fresh Fruit Stacker

Sliced Egg (M), Fruit (F), Crackers (E)

### Green Apple Sandwiches

Apple (F), Nut/Seed Butter (M), Cinnamon (E)

Slice apples into large circles, PB in between!

### Ham & Cheese Quesadilla

Tortilla (G), Ham/Cheese (M), Bell Pepper (E)

### Fruit Cracker Pizza

WG Crackers (G), Kiwi/Mixed Berries (F), Cream Cheese (E). Spread cream cheese on crackers and top with small fruit pieces!

### Mediterranean Tuna Pocket

Tuna (M), Pita (G), Carrots/Peas/Spread (E)

**G: Grain M: Meat/Alt. V: Vegetable F: Fruit E: Extra**

### MIX IT UP

Select different components and foods for each snack! Be mindful of choking hazards + modify for your little eaters.

### SERVE EXTRA

Offer a 3rd component or "extra" of any creditable item. No measuring needed!

### MAKE IT FUN

Choose a name that excites your eaters!