Minnesota Department of Education

Snack Menu Ideas

[B = Bread, F/V = Fruit & Vegetable, M = Meat]

Graham Cracker (B) 100% Grape Juice (F/V)	Banana Bread (B) Chocolate Milk	Home Made Muffin (B) 100% Pineapple Orange Juice
Cheese Slice (M) English Muffin (B) Milk	Hard Boiled Eggs (M) Toast (B) Milk	Breadsticks (B) Marinara Sauce (F/V) Milk
Fresh Pineapple (F/V) Ritz Cracker (B)	Kiwi slices (F/V) Milk	Soft or Home Made Pretzels (B) Melted Peanut Butter (M)
String Cheese (M) Soft Tortilla w/ Butter (B)	Peanuts, Raisins, Nuts (M) Grape Juice (F/V)	Frozen Pineapple Juice (F/V) Snack Crackers (B)
Cucumber Coins (F/V) Goldfish Crackers (B) 100% Juice (F/V)	Ritz Cracker (B) topped w/ Tomato Sauce (F/V) and Mozzarella Cheese (M)	Celery (F/V) and Raisins Peanut Butter(M) Milk
Graham Crackers (B) w/ frosting and Milk	Soda Cracker (B) Peanut Butter (M) & Jelly Milk	Soft Pretzels (B) Melted Cheese (M) Orange Juice
Animal Cracker (B) Orange Slices (F/V)	Cinnamon Toast (B) 100% Apple Juice (F/V)	100% Orange-Banana Juice (F/V) Chex Mix (B)
Whole Wheat Bread Turkey	Cereal (B) Orange Juice (F/V)	Oyster Crackers (B) 100% Pineapple Juice (F/V)
Cereal (B) Milk	Cottage Cheese Dip (M) Raw Veggies (F/V)	Soft Tortilla (B) Peanut Butter (M)
Apples or Bananas (F/V) Peanut Butter (M)	Cantaloupe (F/V) Goldfish Crackers (B)	French Bread (B) Apple Juice (F/V)
Waffles (B) Warmed Fruit Cocktail (F/V)	Pita Bread (B) Fruit Yogurt (M)	Cinnamon Toast (B) Hot Apple Cider (F/V)
Peanut Butter (M) Rice Cakes (B)	Yogurt (M) Rice Krispies (B)	French Toast (B) Strawberries (F/V)
Applesauce (F/V) ½ Grilled Cheese (B)	Cottage Cheese (M) Peaches (F/V)	Doughnut (B) Orange Juice (F/V)
Frozen Grapes (F/V) Goldfish Crackers (B)	Wheat Thins (B) Raspberries (F/V)	Melba Toast (B) Honey Dew (F/V)
Toaster Pastry (B) Milk	Rice (B) w/ Cinnamon Pineapple (F/V)	Baked Apples (F) Dry Cereal Mix (B)
Cheese Sticks (M) Tomato Juice	Bagels (B) 100% Apple Juice (F/V)	Fresh Cherries (F/V) Graham Crackers (B)
Chocolate Milk Animal Crackers (B)	Frozen Banana (F/V) Milk	Home Made Chocolate Chip Cookie (B) Milk