

# Eating Through Meal Patterns

## Child and Adult Care Food Program

### Healthy Snack Ideas



#### CURRENT SNACK REQUIREMENTS\*

Choose one food from two groups:

1. **Vegetables/Fruits**
2. **Grains/Breads**
3. **Meat/Meat Alternates**
4. **Fluid Milk**

#### NEW SNACK REQUIREMENTS\*

Choose one food from two groups:

1. **Vegetables**
2. **Fruits**
3. **Grains/Breads**
4. **Meat/Meat Alternates**
5. **Fluid Milk**

#### Vegetables—Did you know you will be able to claim a fruit *and* a vegetable at snack?

|   |  |   |  |  |
|---|--|---|--|--|
| Avocado<br>Beans<br>Bell peppers<br>Broccoli<br>Cabbage | Carrots<br>Cauliflower<br>Cherry tomatoes<br>Celery<br>Cucumbers | Edamame<br>Green beans<br>Guacamole<br>Jicama<br>Kale | Lettuce<br>Mixed greens<br>Pumpkin<br>Salsa<br>Snow peas | Spinach<br>Snap peas<br>Sweet potatoes<br>Tomatoes<br>Zucchini |
|---|--|---|--|--|

#### Fruits—Did you know you will be able to claim a fruit *and* a vegetable at snack?

|   |   |  |   |   |
|---|---|--|---|---|
| Apples/applesauce<br>Apricots<br>Bananas<br>Blackberries<br>Blueberries<br>Cantaloupe | Cherries<br>Clementines<br>Cranberries<br>Fruit salad<br>Grapefruit<br>Grapes | Honeydew melon<br>Kiwi fruit<br>Mandarin oranges<br>Mangos<br>Mixed fruit<br>Peaches | Pears<br>Pineapple<br>Plums<br>Pomegranate<br>Raspberries<br>Nectarines | Oranges<br>Rhubarb<br>Starfruit<br>Strawberries<br>Tangerines<br>Watermelon |
|---|---|--|---|---|

#### Grains/Breads—Starting Oct 1, 2017 one whole grain-rich food will need to be claimed each day.

|  |   |  |  |   |
|--|---|--|--|---|
| Bagels<br>Biscuits<br>Bread, buns, or rolls<br>Cereals**<br>Corn bread | Corn muffins<br>Crackers (savory)<br>English muffins<br>Grain salads<br>Granola** | Melba toast<br>Muffins<br>Museli**<br>Oats and oatmeal**<br>Quick breads | Pancakes<br>Pasta or noodles<br>Pita bread<br>Pita chips<br>Pretzels | Taco shells<br>Tortillas<br>Tortilla chips<br>Tostada shells<br>Waffles |
|--|---|--|--|---|

#### Meat/Meat Alternates—Beans and chickpeas can be claimed as meat alternates *or* vegetables.

|  |  |  |   |   |
|--|--|--|---|---|
| Beans<br>Bean dip<br>Chickpeas<br>Cheese<br>(e.g. string cheese) | Cottage cheese<br>Deli or lunch meat<br>(lean or extra lean)<br>Eggs<br>Hummus dip | Nuts—almonds,<br>cashews, hazelnuts,<br>mixed nuts,<br>peanuts, pecans,<br>pistachios, walnuts | Nut butters—<br>almond, peanut,<br>cashew, soy nut<br>Seeds—pumpkin,<br>sesame, sunflower | Seed butters—<br>sesame (tahini),<br>sunflower seed<br>Tuna, canned<br>Yogurt** |
|--|--|--|---|---|

\*All snacks should be of a consistency, size, and shape that is age-appropriate for the children served to decrease the risk of choking.

\*\*These foods will need to meet the new sugar standards Oct 1, 2017.

The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at [www.acdkids.org](http://www.acdkids.org) or like us on Facebook!



# ONE BITE AT A TIME



# Creative Snack Ideas



- Ants on a Log (M/MA & V)**—Spread peanut butter or another nut butter on celery sticks and top with raisins.
- Baked Apples (F & M/MA)**—Core apples, stuff with finely chopped nuts, sprinkle with cinnamon, and bake in the oven or microwave.
- Baked Sweet Potato Fries (V & M/MA)**—Peel, slice, sprinkle with salt, pepper, and olive oil, and bake. Serve with a savory Greek yogurt dip.
- Baked Egg Muffins (M/MA & V)**—Bake eggs and vegetables in muffin cups. Sprinkle cheese on top.
- Banana Freeze (F & G/B)**—Slice and freeze ripe bananas, blend until smooth, and top with granola.
- Banana Roll-Up (M/MA, F & G/B)**—Spread nut or seed butter on a WG tortilla, add sliced bananas. Roll it up.
- Cheddar Apples (M/MA & F)**—Served sliced low-fat cheddar cheese with different varieties of sliced apples.
- Chex Mix (G/B & M/MA)**—Make your own with cereal and nuts or request a Product Formulation Statement.
- Chicken, Tuna, or Egg Salad (M/MA & G/B)**—Serve on WG crackers or WG bread or toast.
- Chips and Dip (G/B & V)**—Serve WG tortilla chips with salsa or guacamole.
- Cottage Cheese & Pineapple or Peaches (M/MA & F)**
- Crackers and Low-Fat Cheese (G/B & M/MA)**
- Frozen Banana Pops (F & M/MA or G/B)**—Put half a banana on a stick, dip in yogurt, roll in cereal, freeze.
- Fruit Parfaits (F, G/B, & M/MA)**—Layer sliced fruit or berries, granola or cereal, and yogurt.
- Fruit Salsa (F & G/B)**—Chop peaches, pineapple, or mango. Serve with toasted WG pita and cinnamon.
- Fruit and Veggies Skewers (F or V & M/MA)**—Cut fruits or vegetables, and low-fat cheeses into small pieces and slide them onto skewers or let the kids do it!
- Hummus Dip (M/MA & V or G/B)**—Serve with crunchy vegetables (carrots, cucumber, cherry tomatoes, snap peas, red pepper slices, etc.) or WG pita bread.
- Kale Chips (V & G/B)**—Coat kale lightly with olive oil, salt, pepper. Bake until crispy. Serve with savory crackers.
- Melon Pops (F)**—Chop pieces of melon (such as honeydew melon, watermelon, or cantaloupe), put them into Popsicle molds, and freeze.
- Mini Pizzas (G/B, V, & M/MA)**—Top 1/2 of a WG English muffin with tomato sauce and mozzarella cheese.
- Mini Sandwich (M/MA, V, & G/B)**—Put lunch meat, cheese, and vegetables on a dinner roll or mini bagel.
- PB&Berries (M/MA, F, & G/B)**—Spread peanut butter or another nut or seed butter on WG bread. Add sliced strawberries or other berries.
- Pumpkin Yogurt Dip (F & M/MA)**—Mix pumpkin puree, yogurt, and pumpkin spice. Serve with fruit.
- Seven Layer Dip (M/MA, V, & G/B)**—Layer beans, low-fat cheese, guacamole, lettuce, plain Greek yogurt, salsa, and olives. Serve with WG tortilla chips.
- Smoothies (F & M/MA)**—Blend fruit and yogurt.
- Strawberry Shortcake (G/B, F, & M/MA)**—Top 1/2 a WG biscuit with sliced strawberries and vanilla yogurt.
- Topped Tortillas (G/B & M/MA)**—Spread WG tortillas with a layer of beans and low-fat cheese.
- Tortilla Roll-Up (G/B, M/MA, & V)**—Top a tortilla with mustard, deli meat, cheese, and vegetables. Roll it up!
- Trail Mix (F, M/MA, & G/B)**—Make your own with the right portions of dried fruit, nuts, and low-sugar cereals or request a Product Formulation Statement.
- Vegetable Dip (M/MA & V)**—Mix plain low-fat Greek yogurt with Ranch dressing powder or fresh herbs, salt, pepper, and garlic powder. Serve with vegetables.
- White Bean Dip (M/MA & G/B or V)**—Serve the dip with WG tortilla chips or vegetables.
- WG Bread Sticks and Marinara Sauce (G/B & V)**
- WG Pancakes or Waffles (G/B & F or M/MA)**—Top with sliced fruit or yogurt.
- WG Quick Bread or Muffins (G/B & F or M/MA)**—Try flavors such as blueberry lemon, cranberry orange, pumpkin, or zucchini bread. Serve with fruit or yogurt.

| ABBREVIATION KEY |                       |
|------------------|-----------------------|
| <b>F</b>         | = Fruit               |
| <b>G/B</b>       | = Grain/Bread         |
| <b>M/MA</b>      | = Meat/Meat Alternate |
| <b>V</b>         | = Vegetable           |
| <b>WG</b>        | = Whole Grain         |

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