

Vibrant Futures CACFP Whole Grain Snack Ideas



- Trail mix: ¼ cup dried fruit (cranberries, raisins), 1 cup whole grain cereal and ¼ cup nuts (almonds, walnuts, etc.) Serve with 100% Juice.
- Meat slices with whole grain crackers
- Sandwich with whole grain bread (meat or peanut butter)
- Non-fat yogurt or yogurt smoothie with fruit and whole grain tortilla shell toasted and sprinkled with cinnamon
- Whole grain crackers with peanut butter
- Oatmeal (made with milk) with fruit
- Whole-grain cereal with low-fat or non-fat milk
- Whole grain crackers and string cheese/cheese chunks
- Whole grain Bagel/English muffin with peanut butter (optional: add banana/strawberry slices)
- Fill a whole grain tortilla with turkey, cheese and raw vegetables
- Whole grain crackers with hummus or salsa
- Whole grain toast and mixed fruit
- Whole wheat muffins with apples
- Whole grain waffles with peaches
- Whole wheat pancakes with carrot sticks
- Grilled cheese sandwich on whole wheat bread
- Ham and cheese sandwich on whole grain bread
- Whole grain goldfish with pear slices
- Whole grain pretzels with melon

- Whole wheat bagels topped with melted cheddar cheese
- Whole grain tortilla shell burrito with scrambled eggs and cheese
- Whole grain macaroni and cheese (homemade extra cheese)
- Whole grain tortilla wrapped with peanut butter and banana slices
- Whole grain pretzels and 100% juice
- Whole grain tortilla chips with salsa or melted cheese
- Whole grain English muffin topped with pizza sauce and cheese baked until warm
- Whole grain hotdog bun with a beef/chicken/turkey hotdog
- Whole grain hamburger bun with sloppy joe mix and a choice of beef/turkey/chicken
- Tuna salad or egg salad on whole grain bread or crackers
- Whole grain tortilla wrap with re-fried beans and cheese
- Wild or brown rice with stir fried vegetables
- Whole grain bread French toast with warm mixed berries on top
- Whole grain grits with mango slices
- Brown rice cakes with applesauce