Snack Time Nutritional Guidelines

In accordance with Wisconsin State Licensing Guidelines, on your snack day, you will be required to provide 3 items for your child’s classroom.

Item #1 *One Fruit or Vegetable Choice*

Cucumbers

Broccoli

Green Beans

Sweet Bell Peppers

Sugar Snap Peas

Carrots

Celery

Veggie “Matchsticks”

Strawberries

Raspberries

Blueberries

Oranges

Apples

Grapes

Melon

Peaches

Pears

Raisins

Pineapple

Banana

Item #2 *One Whole Grain OR Dairy/Protein Choice*

100% whole wheat bread

100% whole wheat bagels

100% whole wheat English muffin

100% whole wheat crackers

Oatmeal

Shredded Wheat Cereal

Toasted Oat Cereal

Whole wheat pretzels

Graham Crackers/Sticks

Whole wheat tortillas

Whole wheat goldfish

Air/natural popcorn

Granola bars

Low-fat yogurt

Low-fat frozen yogurt

Low-fat string cheese

Low-fat pudding

Low-fat cottage cheese

Hard/natural cheeses

Hummus

Bean dip

Item #3 *100% Fruit Juice OR Milk to drink*

The following items are excluded and do not meet the state nutritional requirements:

potato chips, cheese/peanut butter filled crackers, teddy grahams, vanilla wafers, Sunny D type juices.

Here are a few snack time combination ideas to get you started. Remember to have fun and get creative! Have your child help you choose from the list what they would like to share with their friends:

* Apple slices, low-fat yogurt for dipping, milk
* Whole wheat tortilla rolled up with cream cheese and veggie matchsticks, cut into pinwheels, juice
* Cucumber slices, hummus for dipping, milk
* Graham cracker/banana slice sandwiches, milk
* Snack mix: Air popped popcorn, raisins, goldfish, juice
* Celery sticks, low-fat cottage cheese for dipping, juice
* Fruit and cheese Kabobs, milk

These websites offer fun and nutritious snack time ideas:

http://www.snackpicks.com/en\_US/healthy-snacking.html

http://www.superhealthykids.com/healthy-kids-recipes/category/snacks.php

http://www.parents.com/toddlers-preschoolers/feeding/healthy-snacks/

http://pinterest.com/skinnyms/healthy-snacks-for-kids/