

Snack Pantry Menu Ideas

| Menu | Serving Size (Snack 6- 12 year olds) | Meal Pattern Contribution (Snack 6- 12 year olds) |
|---|---|---|
| Sunflower Seeds (shelled) Dried Cranberries | 1 oz (~¼ cup) 6 Tablespoons (¾ cup) | 1 oz meat alternate ¾ cup fruit |
| Peanut butter Saltine crackers | 2 Tablespoons 8 crackers | 1 oz meat alternate 1 serving grain |
| Refried beans Taco Shell (hard) | ¼ cup 2 shells | 1 oz meat 1 serving grain |
| Breadstick Cheese cubes | 1 each (28 grams) 4 cubes (.25 oz each) | 1 serving grain 1 oz meat alternate |
| Oatmeal Grapes | ½ cup ¾ cup | 1 serving grain ¾ cup vegetable |
| Baked potato Cheese slice | ¾ cup (1 large potato) 1 slice | ¾ cup vegetable 1 oz meat alternate |
| <u>Cheese Roll Up</u> Tortilla Cheese (melted or cold) | 1- 6" tortilla 1 - 1oz slice | 1 serving grain 1 oz meat alternate |
| <u>Grilled Cheese</u> Bread Cheese | 1 slice 1 - 1oz slice | 1 serving grain 1 oz meat alternate |
| Pasta (any type) Frozen Broccoli Shredded cheese | ½ cup (cooked) ¾ cup (garnish) | 1 serving grain ¾ c vegetable (not credited) |
| Roasted Chickpeas Popcorn | ¼ cup 3 cups | 1 oz meat alternate 1 serving grain |
| Walnuts Raisins | 1 oz (~¼ cup) 6 Tablespoons (¾ cup) | 1 oz meat alternate ¾ cup fruit |
| Pretzels, Hard, Mini Twist Peanut Butter | 14 twists (~⅔ cup) or 22 grams 2 Tablespoons | 1 serving grain 1 ounce |
| <p>Reminder: Use USDA's Food Buying Guide to ensure minimum requirements are met. For Grains use Exhibit A. One Whole Grain Rich item must be served daily. The WIC food list has Whole Grain Rich products. Standardized Recipes, CN labels and/or Product Formulation Statements are needed to ensure minimum requirements are met for combination foods. Flavor and fat content of milk must be documented.</p> | | |

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|--|--|---|
| Graham Cracker Milk | 2 crackers (about 5" by 2 ½") 8 oz | 1 serving grain 8 oz milk |
| Animal Crackers Sun Butter | 15 crackers 2 Tablespoons | 1 serving grain 1 ounce |
| Green Beans Cracker, Thin Wheat | ¾ cup 12 crackers 1 oz | ¾ cup vegetable 1 oz grain |
| Cabbage Raisins | ¾ cup 6 Tablespoons | ¾ cup vegetable ¾ cup fruit |
| Pasta Noodles Shredded Cheese | ½ cup 1 oz (~¼ cup) | 1 serving grain 1 oz meat alternate |
| Chex Cereal Milk | 1 ¼ cup 8 oz | 1 serving grain 8 oz milk |
| Canned Apples Cheese slice | ¾ cup 1 - 1oz slice | ¾ cup fruit 1 oz meat alternate |
| Crispy Baked Tofu Brown Rice | ¼ cup ½ cup | 1 oz meat alternate 1 serving grain |
| Yogurt Dried Cranberries | 4 oz (1/2 c) yogurt 6 Tablespoons | 1 oz meat alternate ¾ cup fruit |
| Cottage Cheese Canned Peaches | ¼ cup ¾ cup | 2 oz meat alternate ¾ cup fruit |
| Hard boiled egg Toast | ½ egg 1 slice | 1 oz meat alternate 1 serving grain |
| Round Crackers Cheese slices | 7 crackers 1 -1 oz slice | 1 serving grain 1 oz meat alternate |
| Baked Beans English Muffin | ¼ cup 1 muffin | 1 oz meat alternate 1 serving grain |
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