

Snack Sense Sample Menus

Below are some sample snack menus that YMCAs are serving at after schools. These menus are great because they achieve all 4 Environmental Standards for Healthy Eating, they qualify for USDA snack reimbursement AND they are less than 74¢! * Remember! Tap water should be served at every snack for virtually no cost. What a bargain!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 snack	Apple slices, Peanut butter	Celery, Raisins, String cheese	Oranges, Triscuit crackers	Tomato wedges, String cheese	Whole wheat spaghetti, Tomato sauce
Beverage	Water & 1% milk	Water	Water with splash of 100% fruit juice	Water	Water with orange slices
Week 2 snack	Whole wheat crackers, Oranges	Egg salad w/mayo, Whole wheat bread, Cucumber slices	Banana, Peanut butter, Raisins	Colored pepper slices, Cheese	Whole grain Goldfish crackers, Raisins
Beverage	Water	Water & 1% milk	Water	Water & 1% milk	Water
Week 3 snack	Salsa, Beans, Corn tortilla chips	Broccoli, Couscous	Fruit canned in 100% juice, Whole wheat pretzels	Baby carrots, Hummus	Applesauce, Popcorn
Beverage	Water	Water with splash of 100% fruit juice	Water	Water	Water & 1% milk
Week 4 snack	Banana, Oatmeal	Tuna salad w/mayo, Baby carrots, Wheat Thins	Trail mix (nuts, sunflower seeds, dried fruit)	Peanut butter, Whole wheat mini bagel Raisins	Banana, Cheerios
Beverage	Seltzer water	Water	Water	Water	Water & 1% Milk

Occasionally, you may want to do a special cooking project. Here are some examples of special snacks less than \$1.50 per serving!

Snack	Whole wheat spaghetti, Tomato sauce, Shredded cheese, Sliced peppers	Corn tortilla, Black beans, Shredded cheese, Salsa	Salad, Italian dressing, Whole wheat pita bread	Whole wheat English muffin, Shredded cheese, Tomato sauce
Beverage	Water	Water & 1% Milk	Seltzer water	Water

*Note: The price of foods and beverages are estimates based national price averages. Prices in the area where you shop may be more or less expensive.