



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. Please label all items with your Classroom Teacher Name.

Item #1 *One Fruit or Vegetable Choice*

Cucumbers	Veggie "Matchsticks"	Melon
Broccoli	Strawberries	Peaches
Green Beans	Raspberries	Pears
Sweet Bell Peppers	Blueberries	Raisins
Sugar Snap Peas	Oranges	Pineapple
Carrots	Apples	Banana
Celery	Grapes	

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

100% whole wheat bread	Low-fat yogurt
100% whole wheat bagels	Low-fat frozen yogurt
100% whole wheat English muffin	Low-fat string cheese
100% whole wheat crackers	Low-fat pudding
Oatmeal	Low-fat cottage cheese
Shredded Wheat Cereal	Hard/natural cheeses
Toasted Oat Cereal	Hummus
Whole wheat pretzels	Bean dip
Graham Crackers/Sticks	
Whole wheat tortillas	
Whole wheat goldfish	
Air/natural popcorn	
Granola bars	

Item #3 *Milk to drink (A half-gallon is plenty for 1 class)*

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, milk
- ❖ Cucumber slices, hummus for dipping, milk
- ❖ Graham cracker/banana slice sandwiches, milk
- ❖ Snack mix: Air popped popcorn, raisins, goldfish, milk
- ❖ Celery sticks, low-fat cottage cheese for dipping, milk
- ❖ 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/>