



Snacks

The ideas that follow came from the wonderful women on my yahoo email lists [childcareland2](#) and [shelleylovettsprintables](#). If you are on a USDA Food Program please check to make sure that the snacks listed meet the requirements for reimbursement in your program.

Most daycares and preschools give snack twice daily kindergarten has snack at least once daily. It can be hard to come up with new ideas for snack and often we find ourselves serving the same thing all of the time. I thought it would be great to share 5 favorite snack ideas so that we can add variety to our snack choices.

Five of our favorite snack ideas include:

cheese ... crackers ... and juice

carrots ... peanut butter ... and milk
bagels raisons ... and milk
apple slices and milk
peanut butter toast and juice

Shelley Lovett
childcareland.com

celery and cream cheese-juice
apple slices and peanut butter-juice
pretzels and peanut butter-juice
bagels cream cheese-milk
carrots dip and juice

Our 5 favorite Snacks here at Happy Days FCC are:

Fruit Smoothies

1 teaspoon of nutella and 1 slice of bananas on the little dinner rolls/milk

Toasted Cinnamon Raisin Bread/ milk

Yogurt/apple juice

Rice Crackers/Peanut Butter/ Milk

Stephanie

Ants on a log...celery, pb and raisins

string cheese and apple slices

granola bar and apple juice

chex mix and milk

veggies and ranch dressing...grape juice

Audra

We do morning and afternoon snack

morning Ideas include mini bagels and flavored cream cheese
cinnamin swirl toast and butter

5 oz cups of cereal in milk

fresh fruit

we always serve milk for am snack

afternoon snack choices .. We have cooking experiences on Friday
of every week for our 3-5 year olds ... our theme of the week
becomes our cooking project which in turn becomes our snack for
the afternoon. The kids love this because at least 4 times a month
they get something they dont normally get for snack. And they get
to help!!! Zoo week we made MONKEY bread (torn up pieces of
biscuit dough butter , cinnamin and brown sugar) For Tropical week
we made fruit kabobs , This is Learning the alphabet week .. we are
sorting Alphabits cereal and then eating our piles in alphabetical
order. The list is ENDLess when you theme your snack ideas with
your educational goal.

Happy Snacking!!

Ms Ange (Scribbles Preschool ...Florida)

Graham Crackers -- Orange juice

Animal Crackers -- Apple Juice

Pop Tarts -- Milk

Cheese Toast-- Grape juice

Muffin - Milk

Jacqueline Oliver

We love:

cornbread and bananas

peanut butter and banana sandwiches
English muffin pizzas

Pam Burton

Peanut butter and rice cakes
Boiled egg and juice
bagels and cream cheese
pretzels with nutella (hazelnut spread) dip and milk
popcorn with yogurt dip

Karin Wright

We have:

milk or juice with every snack
macaroni and cheese
mini corndogs
graham crackers and peanut butter
popcorn
mixed up cereal and milk

Tracy Harper

Our favorite snack is on Friday's we take all the leftover crackers, cereal, etc. and mix them up in a bowl. We call it mixups and it is their favorite snack because there is such a variety. We also like brownies, oatmeal cookies, homemade cookies, and cheese bits.

Michelle

1. Crunchy Bananas -- rice krispies, milk in a bowl and banana. You use a fork, moisten the banana in the milk and roll it in the

krispies. A bit messy sometimes, but the kids love it.

2. Graham Crackers, peanut butter with a slice of apple on top.

3. fruit with vanilla yogurt as a dip

4. veggies and dip

5. bagles toasted with cream cheese, cheese whiz or peanut butter

Debbie

I asked the children & this is what they said.

pop tarts & milk

fruit & crackers

cookies & milk

fruit pie, fruit, & milk

cereal & juice

I personally like fruit & cheese or crackers

Robin S.

peanut butter and apple wedges

yogurt and peaches

saltine crackers and cheddar cheese

cherrios and milk

vanilla waffers and milk

~Robin~

My children are small preschool - favorite snacks for us are

Ritz and grated apples

raisins and pretzels

animal crackers and bananas

yogurt and vanilla wafers

chicken nuggets and raisins

Janice

Home made bread and juice,
100% juice pops and cheese
trail mix of dried fruit and milk

Tammy M

Little Bear's Family Day Care

Cheese Quesadillas - cheese, tortillas and juice
Garlic breadsticks and juice
Crackers and strawberries
applesauce and cheese
corn muffins and juice

Peggy

Yogurt - graham crackers and juice or milk

Cheese quesadias and apple juice

Applesauce- teddy grahams and milk

string cheese - salami and saltine crackers

Colleen Stephansen

Colleen's Child Care

NAFCC Accredited Child Care in Riverbank, CA

My favorite way to do snack especially for small groups of children is to allow them to prepare it themselves. "Cup Cooking" by Barbara Johnson Foote is a great program for teachers to use for

this. It is a small red checkered paperback book that explains the rational for individual portioned picture recipies and how to set them up. It also gives several examples of picture recipes that the teachers can make for their classroom. My favorite one in the book is the Gingerbread recipe. It involves using a boxed mix that only needs water added to it. You measure and mix the dry prepackaged mix with the water in a dixie cup. Then cook it in an electric skillet. It works like a dutch oven. You can do this with other pre-packaged mixes as long as they only need water added to them. It is only a few steps and the kids get really excited when they see and smell it cooking in their room. It is also more sanitary for children to make just enough for themselves. I've made individual portion picture recipes for lemonade (also in the book), dirt cups, ants on a log, egg salad, peanut butter playdough, and mashed potatoes. The children learn so much by making their own snack and following a recipe. Measuring and level ingredients, numbers, size comparison, science vocabulary and concepts, left to right and top to bottom progression are just a few. The book is relatively cheep and available at amazon.com.

Sara K.

Our five favorite snacks are
veggie flowers- cukes peeled sliced in circles(center of the flower), carrots peeled sliced into circles (petals), cerly cut into small sticks (stems)

Ants on a log- celerly cream cheese, raisins

tortillias and cheese with salsa

animal crackers and juice

yogurat sundaes- freeze vanillia yogurt and top with fruit and gronola

Cathy

Deans Cozy Kidcare favorite snacks....

1. A complete veggie tray with dip....

Carrots

cucumbers

Green/red peppers

Olives

Peapods

2. peanut butter and jelly tortilla rollups

3. cheese and crackers

4. cheese bread

5. apples and peanut butter

All snack include milk, juice or water bottle.

Heather

5 snack ideas

1. ants on a log, but use bananas rather than celery. Also use raisins and peanut butter and milk

2. apples and peanut butter and milk

3. three fruit salad (recipe below) and milk

4. Tortilla Dogs or Ham and juice

5. Cereal Mix and milk or juice

Three Fruit salad

(serves abt 10)

4 med bananas, sliced

1 cup pineapple chunks or tidbits

2 cups seedless grapes, halved

3 T. honey mustard salad dressing

In a bowl, combine the fruit. Add dressing and toss to coat. Cover and refrigerate until ready to serve.

Tortilla Dogs

hot dogs, tortillas, shredded cheese

Roll cheese and beef hot dogs up in the tortillas. Warm in microwave or oven. Serve alone or with salsa and ketchup.

Can also substitute deli thin sliced ham for beef hot dogs.

Cereal Mix

There are so many varieties of these. Sometimes I'll even pour together a dab of this and a dab of that - using left over cereals. (use all creditable cereal and you don't have to count it as a 'cookie')

Here are some more ideas: (nuts are often suggested with these mixes. I don't usually include them due to allergies and the young ages of my daycare kids)

1. chex cereal, cheerios, pretzels, M&M's or chocolate chips
2. Dried fruit mix (chopped if necessary), raisins and if desired choc chips or white chips
3. Cheerios, pretzels, M&M's (if desired), honey graham bears

Here is a link to a trail mix recipe. Also go to Google.com and do a search for "trail mix recipe" or "Snack mix recipe", Etc. And I'm sure that most of you have your own great ideas.

<http://babyfit.com/pregnancy-recipes.asp?id=269>

Colleen (KS)

Our school is a peanut free school so we have to be very careful because many items are made that may have traces of nuts, pine nuts, etc.

Here are some of our favorites:

dipping pretzels into softened cheese

bagels with cream cheese

3. any of the "Bootie" products (not sure of the spelling)

4. assorted fruit cut-up - apples, bananas, oranges

5. special treat: dip fruit pieces into chocolate sauce or fudge

6. cheese sandwich crackers

7. yogurt - any type

8. making their own smoothies using yogurt and chopped fruit

9. jello , cut into different shapes (this yrs class hates jello)

10. broccoli dipped in a salad dressingvery popular

Hope this helps. We always have either juice, milk or water to drink with the snack.

Ellyn

Five of our favorite snack ideas include:

pancakes and juice

mini banana cupcakes and juice

mini pumpkin muffins and Ribena

steamed chickpeas and water

steamed kernels and soya milk

Joanna

apples or banana...peanut butter...milk

chex mix...juice

milk...donut

top ramen...orange juice

bagels...peanut butter

Tiffany

Because I have a group of kids that are not allergic to PB I love to make muddy monkeys.

Whole wheat tortilla spread on PB and dice bananas roll and slice. I also like to make veggies and dip if I need a quick dip solution I use ketchup and mayonnaise it makes a thousand island style dip.

Tina B. NB/Canada

**Apple slices with peanut butter
pretzels with cream cheese
yogurt with cut up fruit pieces inside
ham and cheese roll-ups (sometimes with a pickle spear in the center)
carrots, cucumber slices and broccoli with ranch dressing**

Keri-Lyn Farley

Yogurt and pretzels

Goldfish crackers and juice

Cookies and milk

Saltines and peanut butter

Graham crackers and juice

Erlinda

Funtimes Learning Center:

Five of our favorite snacks are:

Cheese flavored Rice cakes, raisins, and juice

Bagels with cream cheese and milk

Ritz sticks to dip in peanut butter and milk

alternating different flavors of chex mix and juice

and the all time favorite- mixing together almost empty boxes of various crackers or cereal with raisins, chocolate chips and/or pretzels and milk

Jennifer Lutgen

Teddy Grahams, Milk

Apple, Chex Mix

Cinnamon Toast, Milk

Grape Juice, Animal Crackers ->current favorite!

Apple Juice, Goldfish Crackers

Anna-Marie

<http://www.pandabearchildcare.com>

One of our favorite things to do for snack is to get a veggie tray (the kind with a bunch of divided compartments) and fill them with things like:

orange slices
sliced bananas (peel still on)
apple slices
frozen peas or corn
any raw veggies
raisins or other dried fruit
almonds
crackers (Goldfish work well!)
bagel chips
cheese cubes
trail mixes
and sometimes a treat like chocolate or carob chips and cereal like
Oat Squares or Cheerios

I bring it out for morning snack, place it in the center of the table, the kids can eat WHATEVER they want. BUT, in the afternoon snack, I do not refill the empty compartments. They eat off whatever was left (usually the raw veggies). But, it gets eaten, every morsel, every time. They LOVE being able to CHOOSE.

Jana Carlson

Upside down pineapple cake (white cake mix over pineapple slices) and milk
biscuits (I always have butter and jelly available) and juice
cornbread and juice
mandarin oranges and milk
celery w/ peanut butter and milk

Michelle Gills
Sunshine Junction Preschool

Our 5 favourite snacks are:

#1 Cheerios
2 cheese and fish crackers

3 apples with cinnamon and a little sugar
4 yogurt with toddler cookies (they call them dip dip sticks and use them like spoons)
5 Popsicles (they are homemade with vegetable juice that tastes like banana and strawberry)

Joanne

Cinnamon apples (For younger children, dice apples, place in sandwich bag, sprinkle with cinnamon (suger cinnamon if you like), microwave 5 minutes to tenderize)

crackers with cream cheese

dry cereal

yogurt

fruit cocktail

Lin3154

Mozarella sticks and spaghetti sauce
pepperoni, cheddar cheese and crackers
graham crackers with a scoop of ice cream between
dry cereal mix with raisins
rice cakes with peanut butter

Tina C.

Apple slices with peanut butter
carrots, broccoli, celery with salad dressing
celery with peanut butter, raisins
popcorn
1/4 PBJ sandwiches

Kristyn Plubell

**String cheese and pears
strawberries and yogurt
crackers and peanut butter
ice cream cone with a lettuce leaf liner and egg salad
ham with cream cheese - rolled**

Babs

**Goldfish and grape juice
apples, kolaches or pig in the blankets, milk
egg & saugage buuritos, milk or juice and fruit
rice crispy treats**

Sunshyne318

**Apples slices and caramel dip with milk
Veggies and dip with juice
Crackers with Jelly and Juice
Animal Crackers and pudding with milk
Goldfish Crackers or Cheezits with Juice**

Lisa C

Our children enjoy having:

**goldfish crackers
marshmallows and pretzels
Trail Mix
Fruit Loops and pretzels
peanut butter and cheese crackers**

Linda in Florida

1. Home made muffin and apple slices. juice/water
2. Celery and peanut butter..juice/water
3. Animal crackers, carrots, juice/water
4. granola bar, apple, juice/water
5. banana, peanut butter toast, juice/water

I and J Gleghorn

In my K class I have the children bring their own snacks from home to allow for personal tastes, food preferences, food allergies, etc. I do, however, recommend healthful snacks.

For my sons' preschool we do send in community snack items. The biggest hits are:

1. carrots & cucumbers (or other veggies) with ranch dressing for dipping
2. goldfish crackers & cheese sticks/string cheese
3. assorted fresh fruit
4. cheese & crackers (make fun shapes in the cheese with small cookie cutters)
5. mini-bagels with butter, peanut butter or jelly

:) Elizabeth

My daycare children chose these as their 5 favorite snacks:
apple slices dipped in vanilla yogurt
homemade pumpkin bread and apple-mango juice
mozzarella cheese sticks and crackers
peanut butter toast and O.J.
cinnamon muffins and juice

Bev
Circle of Friends Childcare

Nebraska

1. carrots....ranch dressing...juice
2. tortilla chips...mild cheese dip...juice
3. apple slices...peanut butter...milk
4. popcorn...juice
5. peanut butter and jelly bread...milk

Caroline Casper
Rudolph's Little Dears-Rudolph

I taught K for five years. Snack time was always so special. I started Family Friday for snack time. Each Friday, one family was in charge of snack for the class. It worked amazingly well. I was in a poor area and it still was never an issue. Parents were encouraged to come but if they couldn't they would send in the snack that morning on the bus. If I started teaching K again, I would do it again. It was a good way for me to get parents involved and for me to get a chance to spend some time with them when they came in.

Winnie White

animal crackers

slice orange slices into quarters

B Howell

Graham crackers with cream cheese and strawberry slices on top

Yum mix-raisins, goldfish crackers, peanuts, pretzels, dried apples (soft or crunchy yum) set out with spoons and snack baggies

children

scoop what they want in to baggie shake and enjoy

Popcorn puffs, apple and milk

veggies, cheese dip and juice

fruit and grain bar with chocolate milk

litdove12

Broccoli,carrots,cauliflower with ranch dip, juice

Graham crackers, peanut butter, milk

apples with peanut butter milk

grilled cheese, grapes,milk

diced peaches, yogurt, pretzels

L Torres

Some snack ideas that we enjoy are:

1. carrots with ranch dip and milk

2. raisin bread or toast and milk

3. jam dinner rolls and juice (before baking the rolls, push an impression

of your thumb into the uncooked rolls and fill the impression with a bit of

jam - cook as usual) Kids love these!

4. milk with round crackers with peanut butter - I let them spread it on themselves.

5. banana and milk (let them cut it themselves with a plastic knife)

Thanks,

Bonna

Here are some of our favorite snacks

Blueberry bagel, with strawberry cream cheese and milk

French fries w/cheese with juice

Rice cakes and milk

Dry cereal, froot loops, cheerios, cinna toast etc and milk

Of course we have the traditional crackers, fruits and vegetables.

Tina/TX

1. Baked tortilla with cheese (put in oven, bake until crispy and slice into triangles)

2. Baked cinnamon sugar tortillas (put in oven, bake until crispy and slice into triangles) (I also make these into elephant ears by frying them on the stove with a bit butter.) and served with strawberries

3. Strawberries, oranges, apples, bananas mixed with dream whip and served with a cup of milk

4. Graham crackers and milk (children like it crunch up in a bowl and milk served over it)

5. Homemade chocolate chip oatmeal cookies and milk

Deb/ID

www.debschildcare.com

Here are my ideas...

Granola Bars - Apple Slices - Milk/Juice/Water

Rice Crispies - Milk - Juice/Water

English Muffins - Bananas - Milk/Juice/Water

Cinnamon Toast - Peaches - Milk/Juice/Water

Cheddar Cheese Cubes - Crackers - Milk/Juice/Water

Dawn Marie

Follow Your Dreams Child Care

Norfolk, VA

At my daycare I like to be creative! My three year old tends to be picky and when she fusses it doesn't take long for my dck to fuss too! I incorporate creativity into my lunches and snacks that way even my fussiest eaters will eat and try new things because they get excited over the creations and "forget" that it is something they don't like or never tried! Some of my creations are:

1. Mac & Cheese using shell noodles. Place a hot dog that has been cut 3/4 of the way up to make it look like an octopus and place it on top the shells!
2. Goldfish crackers with Aquarium Cups (blue jello with goldfish crackers and gummy fish "swimming")
3. Pigs-in-a-blanket (crescent roll dough wrapped around bite sized franks)
4. Bread pudding cups
5. Herb Cheese Twists
6. Inside out Turkey sandwiches (turkey meat rolled around a pretzel rod- you can add may or mustard before you wrap it if you like)

All of my snacks are served with milk or 100% fruit juice with no red dyes.

Christie Patzer's Daycare

I bought the tiny size rubbermaid containers at Walmart.. and I make Jello in those. We LOVE those. They work great for pudding as well.

I also like to serve tortillas with a slice of deli meat and then a cheese stick. Then you roll it up, and cut it into slices and serve it hors-dourve style with a pick in it.. if they are REALLY young, then I tend to seal it with a bit of water instead of the pick.

The walmart cheap snack section is another of my favorite stops.. can't help being cheap.. we don't get paid enough :)

Marcia

Pink Pig-sicles: Need: 2 cups plain yogurt, 12 oz. unsweetened

frozen
cranberry-apple juice concentrate, 2 tsp. vanilla. Blend. Pour
mixture into
cups and add popsicle sticks for handles. Freeze until set. Works
better
with popsicle trays; however, we did use small paper cups with a
plastic
spoon handle. Just have a bowl ready in case the pig-sicle melts
before the
child finishes it. The spoon will fall out.

Banana Pops: Take a half of banana and place it on a craft stick.
Spread
banana generously with peanut butter and roll in chopped peanuts.

Blueberry Supreme: Place frozen blueberries into bowl. Sprinkle
sugar over
the blueberries. Add milk. Stir. The milk will freeze to the
blueberries
creating a tasty treat.

Fish in a River: Fill celery stalks with cream cheese or other
cheese
spread (may wish to tint green). Top with goldfish crackers. Recipe
idea
from: www.Easy-Kid-Recipes.com

Fruit and Cereal Bowl: In bowl, place a portion of your chosen
cereal, your
chosen fruit, and your chosen yogurt. Goes over very well. We used
Vanilla
yogurt, frozen blueberries, and cheerios. You could replace yogurt
with
cottage cheese. Recipe idea from: Kraft Kitchen website.

Amber Dingman

banana...milk
applesauce...milk
peanut butter crackers...juice

graham crackers...milk

Lori Ross

Snacks

Pitta pockets - cut pitta bread in half and fill with egg and mayo, cheese and carrot (grated), tuna and cucumber.

Pitta Pizza - spread with tom sauce (homemade if you like) and then grated cheese - grill till toasted and slice into fingers.

Fruit Keebaabs - various fruit - grapes, raisins, apricots, bananas, strawberries, melon, etc served on cocktail sticks or keebab sticks! Get the children to make their own... do it in patterns and cover maths skills too!

Sandwiches - bread, butter and a filling... but get the kids to make their own!

Marmite Swirls - puff pastry (ready made) rolled out and then spread with marmite then rolled like a swiss roll, sliced and baked in the oven. Yum (alternate fillings - cheese, jam, cooked apple, tom sauce)

Banana lollies - peel banana, add a stick and freeze. Delicious and 100% fruit!

Drinks

Water with ice cubes - colour ice cubes with fruit juice, or with fruit slices in... adds interest!

Banana milkshake - homemade.

**Add variety with different coloured cups, straws, plastic cups, mugs etc...
or even a tea pot and dolls size cups!**

**Helen
Puddleducks
www.renouf.co.uk/childminding**

5 favorites

Variations on trail mix - We don't buy trail mix, we make it ourselves. I usually mix popcorn (I have 3's and 4's), cheerios, and goldfish, and sometimes I hide a sweet treat in it for a surprise.

Animal crackers

Cheese curls

Golden Flake's Puff Corn - all the children can enjoy this safe alternative to popcorn. It has no husk in it and all the children love it.

Graham crackers and peanut butter - these are great with milk.

**Shannon M. from Alabama
Jacksonville Christian Academy**

Tortilla chips with cheese + juice

Gogurt, animal cookies + juice

Pretzels, grapes + juice

Graham crackers, peanut butter + milk

Goldfish crackers, fruit + juice

Kathy

Here's 5 of my snack ideas

celery/carrot sticks -- ranch dressing -- crackers -- milk

Peanut butter graham crackers --- milk

1/2 apple(cored) -- peanut butter for dipping -- milk

Cheese toast --- juice

home made trail mix(peanuts, raisins, sunflower seeds, etc) -- juice

Thanks,

Cheryl Martin
Cheryl's Childcare/Eden, NC

The are some of my kids faborite snacks!

fresh fruit-peanut butter-milk (sometimes we use yogurt and
change milk to juice)

crackers-cheese-juice

pretzels-raisins-milk

carrots,broccali-ranch dressing-juice

graham crackers-milk

Yolanda
Toddler Tyme

- 1)PB and bannan tortilla rollups
- 2)Apple Crunch Toast
- 3)spider crackers
- 4)cereral trail mix
- 5)fruit kabobs

Brenda Sarlo

Here are a few snacks that the kids like;

apple crisp with wheat puffs and milk

cucumber and dill dip (homemade), crackers and milk

dried cranberries and rice cake with milk

pancakes served with yogourt or apple sauce and juice (A tradition every friday afternoon! The kids look forward to having pancakes!)

orange slices and cheerios with milk

At my daycare, I serve all my morning snacks with milk and my afternoon snacks with juice or water.

Cathy
Garderie Catou

celery and dip
carrots and dip
yogurt
orange slices
special treat...apple slices sprinkled with jello powder...
pudding

Deb Nevin
JK/SK
Kingston, Ontario
Canada
