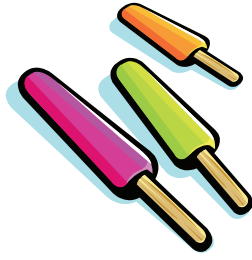


Kids'



Snacks

SNACKS CAN ADD GREAT NUTRITION!



Fruity



Fresh fruit

Frozen fruit bars

Graham cracker & apple sandwich:
Place thin apple slices between graham crackers

Banana Pop: dip banana in yogurt; roll in crushed cereal or Oreos
Insert stick & freeze

Fruit Kabob: cantaloupe, pineapple chunks, honeydew & strawberries

Smoothie: Blend 1 c. milk*, strawberries, banana &/or blueberries & ice



Veggies



Celery stuffed with peanut butter

Salsa: dip baked corn chips, celery or zucchini slices

Broccoli florets with melted cheese sauce & baked corn chips

Pinwheels: whole wheat tortilla, fat free cream cheese, spinach &
low fat lunch meat (rolled up & sliced); Serve with cherry tomatoes

Mini Pizzas: English muffin, tomato sauce & grated cheese: broiled

Vegetable Kabob: cherry tomatoes, broccoli, radishes & cheese cubes
Serve with whipped salad dressing



Grains & Starch



Air-popped popcorn

Refried beans (low fat) & baked corn chips

Cereal (whole grain or bran), banana & milk*

Toast (whole grain), light margarine, preserves & milk*

Rice Cakes (with peanut butter, optional) & milk* or fruit juice

Crackers (reduced fat), fat free cream cheese & onion powder
(or chopped chives or green onions)

Trail Mix: granola, raisins, nuts & chocolate chips or M&Ms; Serve with milk*



Dairy & Other



Frozen fudge bars

Chocolate pudding with graham crackers placed around edges

Yogurt (may add granola, wheat germ, fruit, raisins or chopped nuts)

BE CREATIVE: TRY YOUR OWN IDEAS.

* use skim or 1% milk



(502) 574-6663

www.louisvilleky.gov/health