

beef jerky and a
"cutie" tangerine

1/2 a banana and
yogurt

apple slices
with peanut butter
and granola

veggie sticks
and hummus dip

applesauce
and pretzels

pita chips and
hummus dip

rice cake with
applesauce

whole wheat graham
crackers and milk

tortilla rolled up
with cream cheese
and ham

string cheese with
wheat crackers

AFTER-
SCHOOL
SNACKS

1/2 turkey sandwich

pretzels and milk

English muffin
"mini pizza"

carrot sticks and
ranch dressing

low-sugar cereal
and milk

grapes and walnuts

tortilla with bean dip

frozen banana or
frozen grapes
and yogurt

fresh fruit and
popcorn

cottage cheese with
pineapple

yogurt parfait
with berries
and granola

slice of cheese and a
fruit cup

"ants on a log":
celery sticks with
peanut butter and
raisins

melon and
whole wheat crackers
with milk

salami and snap peas	whole wheat waffle and a glass of milk	tortilla rolled up with banana slices and peanut butter	tortilla chip, black bean, and cheddar cheese nachos	peanut butter and sliced apple sandwich
cottage cheese with peach slices and pretzels	string cheese and apple slices	cucumber slices and milk	cottage cheese and baby carrots	popcorn and milk
cheese quesadilla with bell pepper slices or salsa	whole-wheat waffle with yogurt and sliced peaches	AFTER-SCHOOL SNACKS	beef jerky and carrot sticks	small baked potato with cheddar cheese
soup and whole wheat crackers	applesauce and cheese cubes	sliced pear and whole-wheat graham crackers	frozen fruit popsicle	tuna sandwich on whole wheat bread
peanut butter banana sandwich	bean and cheese burrito	yogurt and strawberries	whole-wheat pita pocket filled with hummus and cheese	whole fruit leather and milk



AFTER-
SCHOOL
SNACKS