

INSTRUCTIONS: Choose two items from different food groups for each snack time.

TIP: When planning for the week, consider what items can be served on multiple days, for example, peanut butter can be served on whole grain crackers one day and with an apple on another day of the week.

# WEEKLY SNACK

## planning guide



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning ① .....	Morning ① .....	Morning ① .....	Morning ① .....	Morning ① .....	Morning ① .....	Morning ① .....
Afternoon ② .....	Afternoon ② .....	Afternoon ② .....	Afternoon ② .....	Afternoon ② .....	Afternoon ② .....	Afternoon ② .....

### Whole Grains

- ☐ mini bagels
- ☐ pita bread
- ☐ bread
- ☐ breakfast cereal
- ☐ granola bars
- ☐ crackers
- ☐ pretzels
- ☐ tortillas
- ☐ English muffins
- ☐ animal crackers
- ☐ graham crackers
- ☐ fig/fruit newtons
- ☐ air-popped popcorn
- ☐ baked tortilla chips
- ☐ rice cakes

### Low-fat Dairy

- ☐ 1% or fat free milk
- ☐ low-fat yogurt
- ☐ squeezable yogurt sticks
- ☐ yogurt smoothies
- ☐ string cheese
- ☐ cheese slices
- ☐ cottage cheese

### Vegetables

- ☐ baby carrots
- ☐ celery sticks
- ☐ cherry tomatoes
- ☐ snap peas
- ☐ bell peppers
- ☐ broccoli

- ☐ cauliflower
- ☐ sliced zucchini
- ☐ squash
- ☐ cucumbers
- ☐ 100% vegetable juice

### Fruits

- ☐ apples
- ☐ oranges
- ☐ bananas
- ☐ grapes
- ☐ mango
- ☐ watermelon
- ☐ honey dew melon
- ☐ cantaloupe
- ☐ strawberries

- ☐ blueberries
- ☐ blackberries
- ☐ raspberries
- ☐ peaches
- ☐ pineapple
- ☐ kiwi
- ☐ unsweetened applesauce
- ☐ dried fruit (raisins)
- ☐ fruit canned (in natural juices)
- ☐ 100% fruit juice

### Protein, Nuts, Butter

- ☐ peanut butter
- ☐ tuna fish
- ☐ beans
- ☐ low-fat bean dip

- ☐ deli meat
  - ☐ turkey
  - ☐ ham
  - ☐ roast beef
- ☐ chicken salad
- ☐ hummus
- ☐ hard boiled egg
- ☐ nuts
  - ☐ peanuts
  - ☐ cashews
  - ☐ almonds
  - ☐ walnuts
- ☐ mixed seeds
  - ☐ pumpkin
  - ☐ sunflower