

SUGGESTED SNACK SELECTIONS

We hope this guide will make it easier for you to order healthy snacks for your base funded activities.

MAXIMUM NUTRITION 50%

Pick an unlimited number of selections



QUANTITY	FOOD
	Assortment of sandwiches on 100% whole grain (bread, bagel, tortilla) made with lean meats
	Fruit presented in a visually appealing way (i.e, platter, kabobs, fruit salad, etc.)
	Assortment of hard and soft cheese with crackers (melba toast, wheat thins, triscuits)
	Sliced carrots, celery, snap peas & select vegetables served with 100% whole grain pita and Hummus
	100% whole grain pita & tortilla chips served with Salsa & Guacamole
	Sliced fruit (apple) served with nut butter (peanut, almond)
	Greek Yogurt parfaits with fresh berries & granola
	100% whole grain, low fat mini-muffins (carrot, banana)
	Assortment of mixed nuts, unseasoned
BEVERAGES	
	Water
	White Milk
	Smoothies (made with milk, Greek Yogurt, fruit)



MODERATE NUTRITION 30%

Pick 2 or less selections



QUANTITY	FOOD
	Popcorn, lightly seasoned
	Store bought granola bars
	Pretzels
	60% whole wheat mini muffins (chocolate chip)
	White pita & tortilla chips served with Salsa & Guacamole
	Sun Chips

BEVERAGES

Chocolate Milk

MINIMUM NUTRITION 20%

Pick 1 or less selections



QUANTITY	FOOD
	Assortment of pastries / baked goods (croissants, Danishes, cinnamon buns, muffins)
	Popcorn, buttered & salted
	Assorted chips
	Processed meat tray (pepperoni, salami, prosciutto)

BEVERAGES

	100% juice from concentrate
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