






TABLE TALK

FEBRUARY, 2018 ❀ CHILD FOOD PROGRAM OF TEXAS ❀ P.O. BOX 5465 ❀ KATY, TX 77491 ❀ 281-395-7000

65 HEALTHY SNACK IDEAS

Choose two foods from five groups:

Vegetables	Fruits	Grains/Bread	Meat/Meat Alt	Fluid Milk
				

1. Cucumber Coins + Whole Grain Crackers	34. Chicken Salad + Whole Grain Crackers
2. Yogurt + Mixed Fruit	35. Frozen Banana + Yogurt
3. Bran Muffin + Milk	36. Peanut Butter, Sliced Strawberries + Whole Grain Bread
4. Tuna Salad + Whole Grain Bagel	37. Whole Grain Tortilla, Refried Beans + Cheese
5. Pita Bread + Hummus	38. White Bean Dip + Whole Grain Tortilla Chips
6. Cottage Cheese + Blueberries	39. Whole Grain Waffle + Mashed Blueberries
7. Whole Grain Tortilla + Egg Salad	40. Zucchini Bread + Yogurt
8. Bran Cereal + Sliced Strawberries	41. Whole Grain Biscuit, Yogurt + Strawberries
9. Carrot Sticks + Whole Grain Crackers	42. Hardboiled Egg + Ritz Crackers
10. English Muffin + Tomato Sauce, Shredded Cheese, Veggies	43. Cottage Cheese + Oranges
11. Applesauce + Whole Grain Toast	44. Soybeans + Soft Pretzel
12. Banana Bread + Cantaloupe	45. Whole Grain Bagel + Hummus
13. Tomato Wedges + Cheese Slices	46. Peanut Butter, Whole Grain Tortilla, + Banana
14. Hardboiled Egg + English Muffin	47. String Cheese + Plum
15. Whole Grain Chips + Mashed Avocado	48. Crushed Pineapple + Whole Grain Pancake
16. Snap Peas, Baby Carrots + Hummus	49. Baked Potato + Cheddar Cheese
17. Broccoli Florets + Whole Grain Crackers	50. Pumpkin Bread + Milk
18. String Cheese + Mandarin Oranges	51. Frozen Melon Balls + Cottage Cheese
19. Raspberries + Oatmeal	52. Tuna Salad + Celery Sticks
20. Whole Grain Cheerios + Blackberries	53. Dried Apricots + Whole Grain Crackers
21. Baked Sweet Potatoes + Milk	54. Apple Slices + Peanut Butter
22. Scrambled Eggs + Tortilla	55. Croissant, Ham + Cheese
23. Fresh Fruit + Cubed Cheese	56. Taro Bread + Mashed Blueberries
24. Cottage Cheese + Peaches	57. Chicken Salad + Soda Crackers
25. Cauliflower Spears + Bread Sticks	58. Zucchini Sticks + String Cheese
26. Whole Grain Toast + Grapes	59. Whole Grain Crackers + Melted Cheese
27. Cheese Cubes + Cherry Tomatoes	60. Whole Grain Cheerios + Applesauce
28. Blueberry Muffins + Clementines	61. Kiwi + Ritz Crackers
29. Cucumbers, Jicama, Carrots + Hummus	62. Cottage Cheese + Asparagus
30. Apples + Cubed Cheese	63. Watermelon + Whole Grain Cheerios
31. Yogurt + Papaya	64. Green Peas + Whole Grain Penne Pasta
32. Baked Apples + Granola	65. Rice Krispies Cereal, Raisins + Yogurt
33. Peanut Butter, Raisins + Celery Sticks	 Don't forget to like us on Facebook! Facebook.com/childfoodprogramoftexas