



CASY Snack Menu Templates *Revised January 2012*

Snack Components: 2 food components required; components must be from different food groups. When serving a liquid at snack, the second component must be a solid.
Milk and Fruit Juice combination not allowed.

1. Strawberries 2. Oatmeal Cookies #100	1. Low-Fat Cheese 2. Wheat Crackers #101	1. Yogurt 2. Cantaloupe #102	1. Whole Grain Chips 2. Salsa #103	1. Scrambled Eggs 2. Wheat Toast #104
1. Whole Grain Bagel (with Cream Cheese) 2. Dried Mixed Fruit #105	1. Turkey Lunchmeat 2. Whole Grain Tortilla (can serve as a roll up) #106	1. Spaghetti Sauce 2. Macaroni Noodles #107	1. Muffin 2. Milk #108	1. Pretzels 2. Apples (can serve with peanut butter as dip) #110
1. Cinnamon Roll 2. Milk #111	1. Chicken Stew Meat (serve as chicken salad) 2. Bagel Chips #112	1. Mixed Berries 2. Crepe #113	1. Snack Crackers 2. Peaches #114	1. Pineapple 2. Cottage Cheese #115
1. Banana 2. Graham Cracker #116	1. Pancake/Waffle 2. 100% Apple Juice #117	1. Carrots w/ Dip 2. Ham n Cheese Cubes #118	1. Tomato Soup 2. Saltine Crackers #120	1. Milk 2. Cold Cereal #121
1. Hot Dog 2. Hot Dog Bun #122	1. String Cheese 2. Cucumbers #123	1. Celery (with Raisins) 2. Peanut Butter #124	1. Soft Pretzels 2. Cheese Dip #125	1. Graham Crackers 2. Applesauce #126

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1. Whole Grain Waffle 2. Sausage Patty #127	1. Rice Pudding 2. Blueberries #128	1. Wheat Toast 2. Grapes #130	1. Cubed Fresh Fruit (Fruit Kabobs) 2. Cheese Cubes #131	1. Yogurt 2. Mixed Berries #132
1. Fruit Pie (HM Only) 2. Milk #133	1. Peanut Butter 2. Whole Grain Tortilla (serve with cheese cubes as extra in a wrap) #134	1. Cinnamon Toast 2. 100% Grape Juice #135	1. Breadsticks 2. Spaghetti Sauce #136	1. Bran Muffin 2. Milk #137
1. Orange Slices 2. Graham Crackers #138	1. Deviled Eggs 2. Saltine Crackers #140	1. Beef Meatballs 2. Hot Dog Bun #141	1. Refried Beans 2. Flour Tortilla #142	1. Granola Bar 2. 100% Apple Juice #143
1. Potato Soup 2. Rye Bread #144	1. Chicken Noodle Soup 2. Mixed Fresh Veggies #145	1. Ginger Bread 2. Pears #146	1. Yogurt 2. Strawberries #147	1. Steamed Broccoli 2. Brown Rice #148
1. English Muffin 2. Baked Apples #150	1. Zucchini Bread 2. Banana #151	1. Tuna Salad 2. Pita Bread #152	1. Pretzels 2. Cottage Cheese #153	1. Chicken Lunchmeat 2. Roll #154

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1. Sliced Peaches 2. Cottage Cheese #155	1. Hashbrowns 2. Egg #156	1. Fruit Cocktail 2. Saltine Cracker #157	1. Rice Cakes 2. Fruit Salad #158	1. Granola Bar 2. Dried Mixed Fruit #160
1. Tossed Salad 2. Ham #161	1. Turkey Franks 2. Croissant (pigs in a blanket) #162	1. Asparagus 2. Pizza Dough (add mozzarella cheese for asparagus in a blanket) #163	1. Ground Beef with Shredded Cheese 2. Salsa (fill in scoop chips for Taco Cups) #164	1. Baked or Toasted Ravioli (frozen or HM) 2. Spaghetti Sauce #165
1. Ground Beef (with Rice) 2. Green Pepper (serve as stuffed peppers) #166	1. Chicken Lunchmeat 2. Lettuce (serve as a lettuce wrap) #167	1. Pickle 2. Flour Tortilla (serve wrapped with cream cheese) #168	1. Cherry Tomatoes N Olives 2. Low-fat Cheese Cubes (serve as salad on a stick) #170	1. Pork Kielbasa 2. Biscuits (serve as Lil' Smoky Roll- ups) #171
1. Turkey Lunchmeat 2. White Bread (cut into pieces and let them put together the sandwich puzzle) #172	1. Carrot Sticks 2. Yogurt #173	1. Rice Crispy Treat 2. Applesauce #174	1. French Toast 2. Blueberries #175	1. Pretzels 2. Yogurt #176

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1. Carrot (with dip) 2. Snack Crackers #177	1. English Muffin Pizza 2. 100% Mixed Juice (serve with tomato sauce and choice of toppings) #178	1. Date Nut Bread 2. Milk #180	1. Cherry Tomatoes 2. Snack Crackers #181	1. Shredded Wheat 2. Cheese Cubes (can melt cheese on shredded wheat) #182
1. Peanut Butter (in a Hot Dog Bun or bread of choice) 2. Banana (drizzle with honey and or chocolate for a banana dog) #183	1. Saltine Cracker 2. Chunky Vegetable Soup #184	1. Yogurt 2. Peaches #185	1. Macaroni n Cheese 2. Cauliflower (steamed or raw) #186	1. Rice Cake 2. Tangerine #187
1. Snack Crackers 2. 100% Apple Juice #188				

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