

# SNACKS WITHOUT CRACKERS MENUS

- 240 snacks that do not include crackers
- Ideas for each component combination, not including the milk component
- For all food items and recipes served, use the [CACFP Meal Pattern](#) to determine serving sizes
- Includes recipes from [Snacks without Crackers Recipes](#) booklet

Click on a link below to go to the specific page:

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[Fruit and Meat/Meat Alternate Snacks](#)

[Fruit and Vegetable Snacks](#)



**Choking risks:** Some menu items and recipes are not appropriate for young children due to choking risks; other foods may need to be substituted. Think about the size, shape, and consistency when choosing foods. Food cut in large chunks, small hard foods, and soft and sticky foods should be avoided. Be sure that food is cut in small pieces (no larger than ½ inch), grated, or finely chopped. Be sure that children are closely supervised when they are eating.

*Some recipes in the Snacks without Crackers Recipes booklet provide crediting information. Always refer to the CACFP meal pattern to determine actual amounts that must be served to each age group to meet the minimum requirements for the specified components.*

*Revised 9/2020*

## Meat/Meat Alternate and Grain Snacks

For all food items and recipes served, use the CACFP Meal Pattern to determine serving sizes

Mini Rice Crisps Cheddar topped with Slices of natural cheese	WGR tortilla and Ham/cheese rollup	WGR bread and cheese sandwich (hot or cold)	Breakfast Burrito: WGR tortilla wrap and Cheesy scrambled eggs	Vanilla yogurt and Granola or other WGR cereal
Mini Rice Crisps Chocolate Vanilla yogurt	WGR tortilla and Peanut/nut butter roll up	WGR bread and Egg salad sandwich	Scrambled eggs/egg patty on English muffin	WGR Toast Hard-boiled egg
Mini Rice Crisps Caramel Cottage cheese	Baked tortilla chips* Black bean hummus	WGR bread and Turkey/ham and cheese sandwich	Pasta salad with Tuna fish and cheese chunks	Homemade Trail/Cereal Mix: Nuts/seeds and WGR cereal
Chocolate Rice Cakes topped with Peanut/nut butter	Pretzel rods Cheddar cheese cubes	WGR bread and chicken salad sandwich (canned chicken) or tuna salad sandwich (canned tuna)	WGR Pancake with Peanut Butter	Oatmeal topped with Peanut/nut butter
Apple Cinnamon Rice Cake with Vanilla yogurt on side	Pita stuffed with Tuna salad (canned tuna) or Chicken salad (canned chicken)	Cottage cheese Warmed bread stick	Taco Bowl: Brown rice and Taco-seasoned ground beef ( <i>garnish with shredded cheese</i> )	Baked Apple Cinnamon Oatmeal* Yogurt
White Cheddar Rice Cake topped with Turkey and cheese slice	Pita triangles Hummus*	WGR bread and Peanut/nut butter and jelly sandwich	Huevos Breakfast Bowl: Brown rice and Scrambled eggs ( <i>garnish with salsa and shredded cheese</i> )	Homemade spaghetti bake: WG pasta and Homemade meat sauce with cheese
Lightly Salted Rice Cake topped with Peanut/nut butter and jelly	Sloppy Joes or Sloppy Janes: Ground beef/Turkey on WGR bun	Sliced French bread topped with Peanut/nut butter	String cheese and WGR tortilla rollup	Banana bread Cheese stick
Lightly Salted Rice Cake topped with Egg salad	Cheese quesadilla: WGR tortilla and Shredded cheese	French bread pizzas: French bread and Melted mozzarella cheese (add toppings: marinara, veggies)	Cheese bread: French bread and Melted mozzarella cheese with Italian seasonings	Cheese Toast: Toasted WGR bread with Shredded cheddar cheese melted on top

\*Snacks without Crackers Recipe booklet

WGR = whole grain rich

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## Vegetable and Grain Snacks

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Lightly Salted Rice Cake topped with Tomato slices and corn salsa	WGR tortilla chips Refried beans and salsa mix	Warmed Bread Sticks Spaghetti squash with marinara & cheese	Sweet potato grain bowl: Quinoa and Roasted sweet potato	Southwest Fajita Bowl: Brown rice with Sautéed pepper strips, onions and corn ( <i>garnish with shredded cheese</i> )
Tomato & Basil Rice Cake with Hummus* on side as dip	Roasted Cauliflower 'Popcorn'* Bread 'sticks' ( <i>WGR bread toasted and cut into sticks</i> )	Whole Wheat corn bread Roasted asparagus spears	Cheesy Corn Bread* Roasted Vegetables*	Vegetarian Salad Bowl: Brown rice with Shredded/sliced cucumbers, tomatoes, carrots and black beans ( <i>garnish with ranch &amp; shredded cheese</i> )
Mini Rice Crisps Creamy cucumber dill salad*	Cucumber sandwiches: Mini rye bread topped with Cucumber slices ( <i>smear flavored cream cheese on top of bread</i> )	Canned beet slices on Toasted WGR bread	Irish Brown Bread* Sweet carrot sticks*	Red beans and rice
Guacamole Dip* WGR Pita bread	Guacamole Dip* WGR tortilla chips	Roasted broccoli with parmesan cheese Pumpnickel bread	Veggie rollup: WGR tortilla rolled with spinach, tomato, shredded carrot, pepper slices ( <i>smear cream cheese on top of tortilla</i> )	Bean burrito: Whole and/or mashed black or pinto beans in WGR tortilla ( <i>add shredded cheese and salsa</i> )
WGR Mini Bagels Pinto Beans	Cheesy Ranch Chex mix* Baby cucumber coins	Pesto Minestrone*	Blueberry Muffin Corn	Fresh green beans Sweet Hawaiian roll
Sliced French bread topped with Easy bruschetta*	Cabbage Salad* Corn Bread Muffins*	Broccoli Quiche	Roasted Brussels sprouts Flaky biscuit	WGR Cereal and Avocado slices
Homemade bran muffin Carrots sticks	Toasted bread sticks Warmed marina sauce	WGR toast topped with Avocado slices	Cheesy French bread topped with Tomato slices	Cactus salad* Garlic and herb naan bread
Hash brown patty WGR Toast	Roasted zucchini and eggplant WGR toast	Kidney beans Cheese muffins*	Garlic bread Tomato soup	Roasted baby red potatoes Cheese Muffins*

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## Fruit and Grain Snacks

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Oatmeal Peaches	Oatmeal with cinnamon Applesauce	Oatmeal topped with Frozen fruit (Blueberries, berry mix, cherries, mango, etc.)	Whole Grain Cereal Craisins	Fruit Breakfast Bowl: Brown rice and Sliced/diced bananas or apples <i>(garnish with brown sugar, cinnamon, raisins or milk)</i>
Cheese-Wheat Snacks* Cantaloupe	Mini bagels topped with Raisins <i>(smear cream cheese or peanut/nut butter on tortilla)</i>	Clementine Warm dinner roll	Crescent rolls Plums	Cheese Muffin* Mango (use frozen and thaw)
Soft pretzel bites Canned mandarin oranges	Toasted WGR English muffin Apples slices sprinkled with cinnamon	Homemade pumpkin muffin Fresh pear slices	Homemade cinnamon tortilla triangles Fruit salsa	Indian rice pilaf Watermelon slices
Cereal mix Strawberries	Homemade zucchini bread Sliced bananas	Blueberry muffin Fruit cocktail	WGR tortilla chips Mango salsa	Carrot quinoa muffins* Baked apple halves sprinkled with cinnamon
Banana tortilla roll-up: Whole banana rolled in WGR tortilla <i>(smear flavored cream cheese or peanut/nut butter on tortilla)</i>	Baked French toast topped with Canned pineapples	Seminary muffin* Pineapple slices	Whole wheat banana bread Watermelon chunks	Healthy Maple Oatmeal Muffin* Cantaloupe
Pancakes Banana slices and frozen berry fruit puree topping	Toasted raisin bread Nectarine slices	Smoothie bowl: Pureed frozen fruit topped with Granola	Fruit Bagel 'Pizza': Bagels/mini bagels topped with Sliced fruit <i>(smear flavored cream cheese or peanut/nut butter on bagels)</i>	Fruit on a Raft* (Waffles with Apples)
Honeydew soup* Pretzel rods	Mandarin Oranges WGR mini bagel cinnamon raisin	Kiwi wedges Crescent rolls	Fuji Apples slices Lunch Box Zucchini Muffins*	Applesauce Cinnamon toast
Grapes Cereal Mix	Raspberries Chocolate Zucchini muffins*	Banana Irish Brown Bread*	Dried fruit Buttermilk Corn Bread*	Blueberries Chili Cheese Corn Bread*

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## Vegetable and Meat/Meat Alternate Snacks

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Vegetarian baked beans Scrambled eggs	Deviled eggs Yellow cherry tomatoes	Baked zucchini 'chips'* Deli ham slices	Vegetable 'crackers' with m/ma topping (Cucumber slices topped with tuna salad or baby shrimp salad)	Sweet potato 'fries' Hard-boiled egg
White Bean Ranch dip* Dipping Veggies (carrot sticks, celery, jicama)	Hash brown patties Scrambled eggs	Baked zucchini spears Cheese stick	Vegetable 'sliders' with m/ma topping (Zucchini slices with hard-boiled eggs slices or egg salad)	Veggie Egg Pops: Hard-boiled eggs and Veggie 'sticks' carrots, celery
Sugar snap peas Cheese stick	Sweet carrot sticks* Hummus*	Jicama sticks Deli turkey slices	Roasted red potatoes Roasted chickpeas*	Sheet Pan Eggs* topped with Sautéed mushrooms
Lightly roasted asparagus spears Yogurt dip (plain yogurt mixed with ranch and/or dill seasoning)	Baked potato topped with Shredded cheese	Butternut squash soup Cheese slices	Mixed nuts Sliced red cherry tomatoes	Sheet Pan Eggs* and Shredded hash browns
Broccoli and Cauliflower florets Cottage cheese dip*	Bean and corn salad (Black eyed peas, black beans as meat alternates and corn as vegetable)	Ranch mashed potatoes Deli turkey slices	Ham and pickle rollup	Roasted sweet potato wedges Scrambled eggs
Sweet carrots sticks* Cheese stick	Celery sticks and Peanut/nut butter	Roasted turnip slices Hard-boiled egg	Roasted Vegetables* Cheese stick	Roasted potato wedges All meat breakfast sausage links
Lightly breaded mozzarella stick, baked Marinara sauce	Egg roll in a bowl (cooked cabbage and ground beef/turkey)	Black bean dip Raw veggies	Creamy Cucumber Dill Salad* Deli ham slices	Fajita peppers and onions with seasoned diced chicken
Cheese slices Black Bean Soup	Homemade baked potato 'fries' White Bean Ranch Dip*	Avocado Tuna Salad	Cheese Cubes Raw broccoli florets with dressing or dip	Sliced hard-boiled egg Roasted butternut squash (buy frozen)

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## Fruit and Meat/Meat Alternate Snacks

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Strawberries Cheese cubes	Honeycrisp apple Cheese slices	Honeydew melon Shredded cheese	Yogurt Crushed pineapple	It's Me Salad*: Peach or pear half Hard-boiled egg <i>See recipe for additional info for garnishes to make "me"</i>
Canned peaches Cottage cheese	Hard-boiled eggs Orange slices	Smoothie bowl (pureed frozen fruit) topped with Yogurt	Yogurt Sundae Split: Banana half topped with Vanilla yogurt ( <i>and sprinkles!</i> )	(Frozen) banana on a stick with Peanut/nut butter to dip
Canned mandarin oranges Cottage cheese	Grape halves / quarters Sunflower seeds	Apples Peanut/nut butter	Yogurt Watermelon balls	Fruit cocktail Mixed nuts
Grapefruit halves/ quarters topped with cinnamon Cottage cheese	Blueberries Tuna salad (canned tuna) or chicken salad (canned chicken)	Autumn Apples and Yogurt Dip*	Orange slices All meat breakfast sausage	Applesauce Hard-boiled eggs
Apricots Cheese stick	Fresh Pear slices Cheese stick	Blueberries Cheese stick	Raisins Cheese stick	Peaches Cheese stick
Mango (buy frozen) Cheddar cheese slices	Papaya Chocolate flavored almonds	Cherries Yogurt	Green grapes halves/quarters Cheddar cheese slices	Red grapes Scrambled eggs
Banana slices Hard-boiled egg slices	Cactus Fruit Yogurt	Cranberry relish Breakfast sausage links	Cantaloupe melon balls Cheddar cheese slices	Watermelon slices Pumpkin seeds
Canned pear halves Sunflower seeds	Fresh peach slices Split Pea Soup* (m/a)	Homemade trail mix (craisins and raisins with mixed nuts)	Fresh pineapple chunks Fruity Dip*	Baked apples Yogurt

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## Fruit and Vegetable Snacks

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Baked Zucchini "Chips" Bananas	Carrot Coins Kiwi Slices	Cantaloupe Bites Kohlrabi sticks	Sliced Bell Peppers Strawberries	Peach Slices Roasted Edamame
Watermelon and Cucumber Salad*	Mango Chunks Baked Sweet Potato Fries	Roasted Pears* Tomato Wedges	Crinkle cut carrots Dried plums	Roasted Cauliflower 'Popcorn'* Peach slices
Whole Baby Corn Grape halves/quarters	Broccoli Florets Diced Pears	Green Beans Clementine	Bananas Steamed Edamame	Dates Celery Sticks
Pineapple Tidbits Celery	Fruit Cocktail Roasted Green Beans	Cinnamon Applesauce Mixed Vegetables	Baked Avocado Fries* Raisins	Apricots Green Beans
Cherry Tomatoes Orange Wedges	Roasted Chickpeas* Mandarin Oranges	Baked Summer Squash Slices Dried Figs	Honey Roasted Asparagus* Craisins	Tangelo Roasted Brussel Sprouts
Baby Carrots Apple Slices	Peas Pineapple Slices	Baked sweet potato chunks Apples slices	Diced Pears Raw Broccoli Florets	Papaya Roasted Broccolini
Peaches Sugar Snap Peas	Spiralized Sweet Potato Honeydew Melon	Refried Beans Apple Wedges	Grapes halves/quarters Roasted sweet potato cubes	Radishes Blackberries
Melon Balls Carrot Sticks	Raw Cauliflower Berries	Water Chestnuts Bananas	Berry Smoothie Jicama sticks	Mashed Potatoes Tropical Fruit Mix

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