



Snack Ideas

Snacks give children the nutrients and energy they need between meals. Reimbursable snacks in the CACFP contain foods from two of the five food components: milk, fruits, vegetables, grains, and meat/meat alternates.

Snacks are more than crackers and juice. They are a great way to use leftovers or introduce new foods. Below are some snack ideas.

Cottage cheese	Whole wheat bread
Pretzels	Cheese (grilled cheese)
Tortilla (whole grain)	Orange juice
Peanut butter	Macaroni and cheese
English Muffin	Carrot sticks
Scrambled eggs	Apple slices
Banana Slices	Toast (whole grain)
Oatmeal (whole grain)	Peanut butter
Milk	Celery sticks
Sugar snap peas	Corn bread
Baked apples	Pita bread (whole grain)
Yogurt	Tuna
Bun	Wheat crackers
Ham slices	Split pea soup
Grapefruit	Raisins
Pancakes	Brown rice (whole grain)

Grain-Based Desserts

Because they are often high in sugar, grain-based desserts do not credit on the Food Program. Some examples of grain-based desserts are cereal bars, pastries, cookies, doughnuts, cakes, and cinnamon rolls.

Even if a grain-based dessert is whole-grain rich or homemade, it does not credit.



More information on grain-based desserts can be found at:

<https://fns-prod.azureedge.us/sites/default/files/resource-files/CACFPWorksheetGrainBasedDesserts.pdf>

Green Bean and Rice Casserole

- ½ cup onion, chopped
- 2 teaspoons vegetable oil
- ½ cup rice, uncooked
- 1 can (15 oz.) low sodium, cut green beans, drained
- 1 can (14.5 oz.) low sodium diced tomatoes
- 1 cup water



In a medium size pan, cook onions in vegetable oil until they start to turn light brown. Add the rice, green beans, tomatoes, and water. Bring to a boil. Cover the pot with a lid and cook over low heat for 10 minutes.

Yield: 6 servings

Crediting Information: Each serving provides a grain (¼ cup) and 2 vegetable servings (¼ cup per serving) at lunch/supper for children 3-5 years.

Credit:

<https://fns-prod.azureedge.us/sites/default/files/resource-files/HarvestofRecipes.pdf>



Happy New Year!

ACA will be closed:
December 22 & 25
December 29
January 1