



# SNACK PLATE IDEAS

## PROTEINS/ENTREES

Lunch Meat Rolls  
Edamame  
Hard-boiled eggs  
Almonds  
Cubed, Cooked Chicken Breast  
Rotisserie Chicken  
Pre-cooked, Frozen Meatballs  
Turkey Hot Dog  
Scoop of Peanut Butter  
Hummus  
Pre-cooked Bacon or Sausage  
Meats from Dinner Leftovers  
Lunchmeat "Pinwheels"  
PB & Granola "Quesadillas"  
English Muffin Pizzas  
Easy Cheesy Nachos  
Easy Microwave Pasta

## VEGETABLES

Carrot Sticks  
Celery Sticks  
Pickle  
Green Pepper Strips  
Cucumber Slices  
Cherry Tomatoes  
Avocado  
Raw/Steamed Broccoli or Corn  
Raw Sugar Snap Peas  
Side Salad

## DAIRY

Cheese Cubes  
String Cheese  
Scoop of Cottage Cheese  
Yogurt  
Glass of Milk

## FRUITS

Strawberries, Blackberries,  
Raspberries, or Blueberries  
Banana Slices  
Fresh Cherries, Pitted  
Grapes  
Apple or Pear Slices  
Oranges or Tangerines  
Grapefruit Segments  
Raisins or Dried Cranberries  
Applesauce  
Pineapple Chunks  
Watermelon

## WHOLE GRAINS

Whole Grain Crackers  
Graham Cracker  
Pretzels  
Piece of Whole Grain Toast  
Granola  
Half of an English Muffin  
Whole Grain Dinner Roll  
Whole Grain Tortilla Chips