

CASY Snack Master Menus

Revised October 2003

Snack Components: Choose one food from two of the following food groups: meat/meat alternate, juice or fruit or vegetable, grain/bread, milk. When serving a liquid at snack, the second component must be a solid. (Milk and Fruit Juice combination is not allowed.)

1. Milk 2. Oatmeal Cookies #100	1. Cheese 2. Crackers #101	1. Yogurt 2. Carrots #102	1. Tortilla Chips 2. Salsa #103	1. Milk 2. Scrambled Eggs #104
1. 100% Apple or Orange Juice 2. Bagel #105	1. Pineapple or Pears 2. Cottage Cheese #106	1. Milk 2. Muffin #107	1. 100% Orange or Apple Juice 2. Pretzels #108	1. Milk 2. Cornbread #110
1. 100% Cherry or Grape Juice 2. Cinnamon Roll #111	1. Grapes or Raisins 2. Crackers #112	1. Cereal 2. Banana or Strawberries #113	1. Breadsticks or Biscuit 2. Spaghetti Sauce #114	1. Meatballs 2. Soft Tortillas #115
1. Banana 2. Vanilla Wafers #116	1. Graham Crackers 2. Applesauce #117	1. Milk 2. Cheese Toast #118	1. Celery or Carrots 2. Peanut Butter #120	1. Pretzels 2. Orange or Kiwi #121
1. Hot Dog 2. Biscuit or Bun #122	1. 100% Apple or Grape Juice 2. Teddy Grahams #123	1. 100% Orange or Pear Juice 2. Oyster Crackers #124	1. Milk 2. Pop Tart #125	1. Milk 2. Bread Pudding #126

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1. French Toast Sticks 2. Applesauce #127	1. Milk 2. Rice Crispy Treat #128	1. Grapes or Apples 2. Toast #130	1. Saltines 2. Pineapple or Peaches #131	1. Bagel 2. Fruit Kabobs #132
1. Yogurt 2. Apple or Banana #133	1. Deviled Egg 2. Saltines #134	1. 100% Grape or Berry Juice 2. Cinnamon Toast #135	1. Breadsticks 2. Cheese Dip #136	1. Milk 2. Doughnut #137
1. Milk 2. Cereal #138	1. 100% Grape or Apple juice 2. Cornbread #140	1. Graham Crackers 2. Orange Slices #141	1. Toast 2. Mixed Fruit or Prunes #142	1. Mozzarella Cheese 2. Italian Bread #143
1. Refried Beans 2. Tortilla #144	1. Milk 2. Peach Crisp #145	1. 100% Apple or Tropical Juice 2. Cheese Slice #146	1. Milk 2. Ginger Bread #147	1. Graham Cracker 2. Yogurt #148
1. 100% Pineapple or Punch Juice 2. Cereal Mix #150	1. Cheese Cubes 2. Carrots/Celery #151	1. Milk 2. English Muffin #152	1. 100% Orange Juice 2. Zucchini Bread #153	1. Milk 2. Toaster Pastry #154

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1. Milk 2. Chocolate Chip Cookies #155	1. 100% Berry or Tangerine Juice 2. Crackers #156	1. Milk 2. Apple or Orange Slices #157	1. 100% Tropical or Mixed Juice 2. Snack Crackers #158	1. Milk 2. Chex Mix #160
1. Deviled Egg 2. Snack Crackers #161	1. Ham 2. Pancake #162	1. Milk 2. Apple Crisp #163	1. Graham Crackers 2. Grapes or Melon #164	1. Apple 2. Peanut Butter #165
1. Yogurt 2. Kiwi #166	1. Cottage Cheese 2. Tator Tots #167	1. Milk 2. Cereal Bar #168	1. Fruit Cocktail 2. Saltines #170	1. Toast 2. Peanut Butter #171
1. Bran Muffin 2. Cheese Cubes #172	1. Animal Crackers 3. Raisins or Dates #173	1. Milk 2. PB&J Sandwich #174	1. Pretzels 2. Carrots or Celery Sticks #175	1. Milk 2. Banana Bread #176
1. Milk 2. Raisin Bread #177	1. 100% Apple Juice 2. Nachos w/ Cheese #178	1. 100% Mixed Juice 2. Trail Mix #180	1. 100% White Grape Juice 2. Cheese Nips #181	1. 100% Apple Juice 2. Pretzels #182

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1. 100% Orange or Berry Juice 2. Granola Bar #183		1. Orange Juice 2. Toast #184	1. 100% Apple or Orange Juice 2. String Cheese #185	1. Milk 2. Pop Tart #186
1. Rice Cake 2. Peaches or Pineapple #187	1. 100% Punch or Mixed Juice 2. Gold Fish #188			

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