



101 Snack Ideas



- ★ Tofu Hawaiian Poke and Grape Tomatoes ★ Cucumber and Hummus ★ Okinawa Sweet Potatoes and Milk
- ★ Edamame and Banana ★ Whole Wheat Crackers and Cheddar Cheese Slices ★ Kix and Yogurt ★ Celery Sticks and Peanut Butter
- ★ Pita Bread (Whole Wheat) and Grapes ★ Boiled Egg and Pear ★ Almond Butter and Apples
- ★ Cherry Tomatoes and Mozzarella Cheese ★ Orange Slices and Hawaiian Sweet Bread
- ★ Watermelon and Whole Corn Chex ★ Sweet Potato and String Cheese ★ Gold Fish (whole Grain) Crackers and Cucumbers
- ★ Strawberries and Chick Peas ★ Soybeans and Apricots ★ Avocado and Toasted Whole Wheat Bread
- ★ Baked Beans and Whole Wheat Flour Tortilla ★ Guava and Oatmeal ★ Peaches and Cottage Cheese
- ★ Poi and Blueberries ★ Turkey Cold Cut and Whole Wheat Bread ★ Whole Grain Tortilla Chips and Mashed Avocado
- ★ Whole Grain Waffle and Mangoes ★ Starfruit and Croissant ★ Whole Wheat Soda Crackers and Shredded Turkey
- ★ Tofu and Zucchini ★ Swiss Cheese and Hard Pretzels ★ Cream of Wheat and Papaya
- ★ Whole Grain Cheerios and Raspberries ★ Nectarines and Soft Pretzels ★ Banana Bread and Brussel Sprouts
- ★ Watercress and Whole Wheat Soda Crackers ★ Pineapples and Whole Grain Crackers
- ★ Granola Honey Almond Cereal and Greek Yogurt ★ Tangerine and Whole Grain Cheerios
- ★ Chick Peas and Cooked Breadfruit ★ Popovers and Oranges ★ Crepes and Blackberries
- ★ Spoon Bread and Cantaloupe ★ Dragon fruit and French Toast
- ★ Pumpkin and Stuffing ★ Asparagus and Shredded Chicken
- ★ Grilled Fish and Corn ★ Strawberry and Milk ★ Refried Beans and Whole Corn Tortilla
- ★ Colby Cheese and Broccoflower ★ Cauliflower and Cheddar Cheese
- ★ Green Beans and Whole Grain Tortilla Chips
- ★ Ricotta cheese and Butternut Squash ★ Bread Roll and Persimmons
- ★ Whole Corn Chex and Milk
- ★ Raspberries and Whole Wheat Soda Crackers
- ★ Chicken Skewer and Fruit Cocktail
- ★ Lychee and Whole Grain Bread
- ★ Spanish Rice and Lima beans
- ★ Bamboo Shoots and Ritz Crackers
- ★ Farina and Peaches
- ★ Kiwi and Whole Grain Tortilla Chips
- ★ Sourdough Bread and Blackberries
- ★ Ravioli and Cauliflower
- ★ Roast Turkey and Sweet Potatoes
- ★ Ham and Whole Wheat Saltine Crackers
- ★ Gold Fish and Pears
- ★ Pomelos and Honey Nut Chex
- ★ Saloon Pilot Crackers and Guava
- ★ Black-Eye Peas and Whole Grain Tortilla Chips
- ★ Toasted Oat Cereal and Soursop
- ★ Harvest Wheat Crackers and Lentils
- ★ Luau leaves and Pork Roast
- ★ Kalua Pig and Cabbage
- ★ Okra and Hapa Rice
- ★ Ciabatta Bread and Rambutan
- ★ Biscuit and Boysenberries
- ★ Blueberry Morning Cereal and Dragon Fruit
- ★ Whole Grain Couscous and Chicken Breast
- ★ Black Rice and Navy Beans
- ★ Quinoa and Scrambled Eggs
- ★ Wild Rice and Turkey Breast
- ★ Collard Greens and Ham
- ★ Hapa Rice and Gandule
- ★ Refried Beans and Whole Corn Tortilla
- ★ Breadfruit and Whole Corn Kix
- ★ Pork Chop and Potatoes
- ★ Colby Cheese and Wheat Thins
- ★ Pilaf and Broccoli
- ★ Clusters Cereal and Yellow Peas
- ★ Crispix and Cherries
- ★ Macaroni and Cheddar Cheese
- ★ Split Peas and Brown Rice
- ★ Eggplant and Grilled Tofu
- ★ Char Siu Chicken and Black Rice
- ★ Mustard Greens and Ham
- ★ Braunschweiger and Club Crackers
- ★ Rice Krispies Cereal and Pineapples
- ★ Millet and Mangoes
- ★ Carrot Bread and Acorn Squash
- ★ Vegetable Soup and Gold Fish Crackers
- ★ Ong Choy and Shrimp
- ★ Green Peas and Penne Pasta
- ★ Puffed Kashi and Starfruit
- ★ Oyster Crackers and Kohlrabi
- ★ Coleslaw and Pork Chop
- ★ Swiss Chard and Eggs

