

Dixie District

Suggested Snacks and Celebratory Foods

The following foods are consistent with the Wellness Council's nutrition standards. This is by no means a complete list, use your imagination, modify current recipes and combinations, try new grocery items, surf the web and browse cookbooks. More detailed menu ideas and complete recipes will be made available throughout the year.

Savory Snacks and Meals:

- ☺ bread sticks or pretzels w/mustard or other dips
- ☺ open face sandwiches using cut vegetables to make faces or others designs, students can build these themselves in class
- ☺ baked pita chips or bread w/ hummas
- ☺ baked tortilla chips with salsa
- ☺ peanut butter pretzels
- ☺ popcorn, try various seasoning or parmesan cheese
- ☺ pizza bagels, try mini bagels for snacks

Sweet Treats and Dessert:

- ☼ baked apple ring with cinnamon
- ☼ low fat pudding
- ☼ 100 % frozen fruit bars, homemade or purchased
- ☼ low fat hot cocoa
- ☼ banana, carrot or zucchini muffins
- ☼ yogurt and fruit parfait, students can build these in class
- ☼ angel food cake with fruit topping
- ☼ fruit cobblers

Oat and Nut Crunch Mix

Prep: 10 minutes bake: 20 minutes cool: 30 minutes
Oven: 300° F Makes: 20 servings (5 cups)

4 cups sweetened oat square cereal
½ cup sliced almonds
2 tablespoons butter or margarine, melted
½ teaspoon apple pie spice
Dash salt
1 cup dried cherries and/or raisins

1. In a 15x10x1 – inch baking pan combine cereal and almonds. In a small bowl stir together melted butter, apple pie spice, and salt. Drizzle butter mixture over cereal mixture, toss to coat.
2. Bake in a 300° oven about 20 minutes or until almonds are toasted, stirring once during baking. Cool in pan on a wire rack for 20 minutes. Stir in dried cherries. Cool completely. Store in tightly covered container at room temperature up to a week.

Nutrition Facts per serving: 83 calories, 3 gm total fat (1 gm saturated fat), 12 gm carbohydrates, 1 gm fiber, 2 gm protein