

Be FIT with Brenner

Snacks AKA “Mini Meals”

Pair two food groups together to make a “mini meal” at scheduled snack times.

Benefits of Mini Meals

1. They help us stay satisfied until our next meal to help us not overeat.
2. They will keep us full, energized, and focused during the school day.
3. They help us eat a variety of foods that give us the nutrients we need.

Grains

- Dry cereal
- Crackers: Triscuits, Wheat thins
- Whole wheat bread
- Whole-wheat English Muffin
- Whole-wheat tortilla
- Popcorn

Vegetables

- Fresh vegetables: carrot sticks, sugar snap peas, broccoli, cucumber, ect.
- Salsa
- Side salad

Protein

Meat and Meat Substitutes

- Hard-boiled egg
- Peanut butter, Nut butters
- Nuts
- Deli meat
- Hummus

Dairy

- Milk
- Yogurt
- Cheese: string cheese, sliced cheese,

Fruit

- Fresh fruit: apple, grapes, kiwi, melon, berries, orange, etc.
- Fruit cups
- Canned fruit
- Dried fruit
- Frozen fruit
- Applesauce

Mini Meal Snack Ideas

- Celery and peanut butter
- Crackers and string cheese
- Apples with low-fat yogurt
- Deli meat in wheat tortilla
- Hummus and baby carrots
- Banana and peanut butter
- Homemade trail mix (peanut and cereal)
- Pretzel and dried fruit
- Low-fat granola and yogurt
- Mini whole wheat bagel and peanut butter
- Light popcorn and grapes
- Applesauce and string cheese
- Hard-boiled egg and baby carrots
- Fruit cup and nuts