



# CDC Rolling Snack Menu

This is a list of snacks that the CDC will provide to students. Items will be rotated through to provide variety to the students.

USDA Requirements  
for ages 6-12 Snack:

1 cup of Milk

1 oz of Meat or Meat  
Alternative

3/4 cup of  
Vegetables

3/4 cup of Fruits

1 oz of Grains

Crackers  
and  
Cheese

Fresh Fruit  
and  
Goldfish

Cereal  
and Milk

Go-gurt  
and  
Fresh Fruit

Fresh  
Veggies  
and Pita  
Bread

Applesauce  
and  
Graham  
Crackers

Wheat Thins  
and  
Fresh  
Veggies

Yogurt  
and  
Fresh Fruit

Granola Bars  
and  
Fresh Fruit

Fruit  
Pouches  
and  
Chex Mix

Nutrigrain  
Bars  
and Milk

Fruit Snacks  
and  
Chips with  
Guac/Salsa

Sun Chips  
and  
Juice

Beef Jerky  
and  
Fresh  
Veggies

Baked Chips  
and  
Fresh Fruit

Fresh  
Veggies  
and Pretzels

Popcorn  
and  
Fresh Fruit

BelVita  
Biscuits  
and  
Fresh Fruit

Bagels  
and  
Cream  
Cheese

Fig Bars  
and  
Milk