

The Virginia Family Nutrition Program

Smart Snacks and Lunches

This year, score straight A's with kid approved, budget-friendly, good-for-you snacks and lunch choices!

School breakfast and lunch programs are nutritious options that save you time and money. On the days you need other choices, here are some ideas for snack and lunch recipes for you and your family.



Snacks:

Crispy Spicy Snack Mix

Ingredients

Nonstick cooking spray
2 cups square whole-wheat cereal
1 cup unsalted pretzel twists
½ cup square reduced fat cheese crackers
½ cup whole-wheat snack crackers
1 ½ tablespoons butter, melted
1 tablespoon ginger stir-fry sauce
1 teaspoon chili powder
1 teaspoon ground cumin

Directions

- Heat oven to 250°F. Spray a baking sheet with nonstick cooking spray.
- Combine cereal, pretzels, cheese crackers, and whole-wheat crackers in a bowl.
- In a separate bowl, combine melted butter, ginger stir-fry sauce, chili powder, and cumin. Drizzle over cereal mixture, tossing to coat.
- Spread mixture on the baking sheet. Bake for 20 minutes or until crisp, stirring twice.



Herbed Popcorn and Pretzels

Ingredients

2 bags 94% fat-free microwave popcorn, popped
5 cups unsalted pretzel twists
1 tablespoon dried parsley
1 teaspoon garlic powder
1 teaspoon ground black pepper
½ teaspoon onion powder
¼ teaspoon dried thyme
Nonstick cooking spray

Directions

- In a mixing bowl, toss popcorn and pretzels together.
- In a separate mixing bowl, combine all spices together.
- Spritz the popcorn and pretzel mixture with nonstick cooking spray. Sprinkle half the seasoning over the mixture and shake bowl to distribute. Spritz popcorn and pretzels with nonstick cooking spray again. Sprinkle with remaining seasoning and shake bowl to distribute.

Yogurt and Peanut Butter Dip

Ingredients

½ cup peanut butter
6 ounces low-fat vanilla yogurt
8 cups fruit, sliced

Directions

- Place the peanut butter in a bowl in the microwave for 20-30 seconds, until soft and runny.
- Mix the yogurt with the peanut butter. Stir well.
- Serve dip with freshly cut fruit.

Lunches:

Creamy Chicken Salad

Ingredients

- 2- 2 ½ cups boneless, skinless chicken breasts, cooked and diced (or 12 ounce canned white meat chicken, drained)
- ½ red onion, finely diced
- 1 stalk celery, finely diced
- ¼ cup light mayo
- 10 whole-wheat crackers

Directions

- Mix together diced chicken, onion, celery, and low-fat mayo. Salt and pepper if desired.
- Cut up some grapes and add to the recipe, or simply serve along with the chicken salad for lunch.

Peanut Butter and Jelly

Ingredients

- 2 slices whole-wheat bread
- 2 tablespoons peanut butter (or alternative)
- 1 tablespoon grape jelly

Pack with:

- 10 baby carrots
- 1 medium apple
- 1 cup low-fat (1%) milk



Black Beans and Rice

Ingredients

- 15 ounces canned black beans, drained and rinsed (or 1 cup dry beans, cooked)
- 1 onion, diced
- 1 green pepper, diced
- 15 ounces canned low sodium diced tomatoes
- ⅛ teaspoon ground cumin
- ¼ teaspoon minced garlic
- 1 cup brown rice
- 2-15 ounce cans no added salt green beans (or 2 cups fresh, trimmed and snapped)

Directions

- Cook the brown rice according to package directions. Cook the green beans according to can directions.
- Open beans and pour into a colander. Rinse under cool water. Allow to drain and set aside.
- Heat olive oil in a skillet over medium-high heat. Add onions and green pepper. Cook for 5 minutes, stirring occasionally.
- Add tomatoes and beans to pan and mix together. Add the cumin and garlic. Continue to cook for an additional 5-10 minutes, stirring occasionally.
- Spoon the bean mixture over the brown rice. Serve with green beans as a side.

Need more ideas? Visit eatsmartmovemoreva.org for recipes, tips, and more!



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