



# Fuel Learning with Milk, Cheese and Yogurt

Help fuel children's learning with a variety of healthy snacks from all food groups. Let physical activity and smart snacking spell success for your child's school year. Choose 1% or nonfat milk, reduced fat cheese and lowfat or nonfat yogurt. Try these kid-friendly recipes and snacks at home with your family or at a school party!



## Snacks That Kids Love!

### Grab and Go

- 8 oz 1% or skim milk
- 8 oz flavored 1% and skim milk
- 8 oz lowfat or nonfat fruit yogurt
- part skim mozzarella cheese sticks
- 1–2 oz reduced fat cheddar cheese and apple wedges
- 1–2 oz reduced fat cheese, 4–6 whole grain crackers and tomato slices
- reduced fat cottage cheese single servings

### Pretzel Wrap (Serves 1)

- 1–2 slices Swiss cheese
  - 1 whole grain pretzel rod (whole wheat, multigrain or rye)
- Wrap a slice of cheese around a pretzel! (Swiss cheese is naturally low in sodium.)

### Bean & Cheese Quesadilla (Serves 1)

- 1 part skim mozzarella cheese stick or 1/4 cup reduced fat cheese, shredded
- 1/4 cup black beans or refried beans
- 6-inch whole grain tortilla

#### Directions:

1. Spread beans down the center of the tortilla.
2. Top with reduced fat shredded cheese.
3. Roll it up and microwave until cheese melts.

*Other topping ideas:* salsa, avocado, lettuce, tomatoes and lowfat plain yogurt or reduced fat sour cream

### Fruit Smoothie (Serves 8)

- 8 ounce bag of frozen strawberries
- 1 banana
- 1/2 cup 100% apple juice
- 2 cups lowfat or nonfat plain yogurt

Pour ingredients into a blender pitcher and blend until smooth.

Change it up by using different fruits. If not using a frozen fruit add ice cubes to the mix to keep it thick and frosty.