

# 10 Wheat Based Snacks

## Kids Will Actually Eat

After school is prime time for refueling growing bodies and busy minds. This guide offers quick, nutritious snack ideas using whole and enriched wheat foods: perfect for families, educators and school nutrition programs. Wheat delivers lasting energy, essential nutrients and real-life convenience.

Snack Name	Description	Prep Time
Whole Wheat Banana Muffins	Moist, naturally sweetened, freezer-friendly	25 min
Mini Sandwich Squares	Enriched wheat bread + kid-friendly fillings	5 min
Wheat Cereal Trail Mix	Shredded wheat, dried fruit, seeds, chocolate chips	2 min
Wrap Pinwheels	Whole wheat tortillas rolled with cream cheese + veggies	5 min
Wheat Germ Energy Bites	No-bake, protein-packed, great for post-practice	10 min
Frozen Waffle Faces	Whole wheat waffles + nut butter + fruit “faces”	5 min
Cheese Toast Strips	Enriched wheat bread + low-fat cheese, toasted	10 min
Pita Pocket Snacks	Whole wheat pita + hummus + shredded carrots	5 min
Cracker Stackers	Whole wheat crackers + cheese or nut butter + fruit	3 min
Mini Bagel + Banana	Whole wheat mini bagel + nut butter + banana slices	3 min

## Why Wheat Wins

- **Lasting Energy:** Whole and enriched wheat foods provide complex carbs for steady fuel.
- **Nutrient Boost:** Enriched wheat adds iron and B vitamins — key for growth and focus.
- **Budget-Friendly:** Wheat foods are affordable, accessible and easy to prep.
- **Kid-Approved:** Familiar flavors, fun formats and endless customization.

