

AUGUST 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 AM: Kiwi and Honeydew</p> <p>PM: Toasted Whole wheat Bagel with Honey and Mangoes</p>	<p>4 AM: Carrot Sticks</p> <p>PM: Frozen Pineapple Chunks</p>	<p>5 AM: Cauliflower Popcorn</p> <p>PM: Apple Cheerio and Dried Fruit Mix</p>	<p>6 AM: Yellow Squash Wedges with Low Fat Ranch Dressing</p> <p>PM: Fiber One Granola Bar</p>	<p>7 AM: Fruit & Kix Snack Mix</p> <p>PM: Miss Tina's Choice</p>
<p>10 AM: Vanilla Yogurt with Mango</p> <p>PM: Ants on a Log</p>	<p>11 AM: Papaya</p> <p>PM: Turkey and Cucumber Sticks</p>	<p>12 AM: Fresh Snap Peas and Hummus for Dipping</p> <p>PM: Sweet Potatoes, Apples, Craisins and Cinnamon Bake</p>	<p>13 AM: Quaker Quinoa Yogurt Fruit and Nut Bars</p> <p>PM: Frozen Nutty Banana Bites</p>	<p>14 AM: Apples and Almond Butter</p> <p>PM: Miss Tina's Choice</p>
<p>17 AM: Strawberries</p> <p>PM: Whole Wheat Bagels Pizza with tomato and 2% Cheddar Cheese Melted on it</p>	<p>18 AM: Reduced Fat Whole Grain Triscuit's with Reduced Fat Swiss Cheese</p> <p>PM: Apple Lady Bugs (Apple Halves and Raisins)</p>	<p>19 AM: Baked Tortilla Chips and Salsa</p> <p>PM: Frozen Yogurt Dipped Kiwi and Honeydew</p>	<p>20 AM: Lemon Mint Smoothie</p> <p>PM: Rice Cakes with Peanut Butter and Dried Fruit</p>	<p>21 AM: Mandarin Oranges</p> <p>PM: Miss Tina's Choice</p>
<p>24 AM: Frozen Bananas Dipped in Orange Juice</p> <p>PM: Quaker Quinoa Chocolate Nut Medley Bar</p>	<p>25 AM: Cantaloupe</p> <p>PM: Whole Wheat Bagels with Cream Cheese and Cucumber</p>	<p>26 AM: Cinnamon Raisin Bread</p> <p>PM: Fish in a Pond</p>	<p>27 AM: Turkey Rollers</p> <p>PM: Sweet Potato Fries</p>	<p>28 AM: Hard Boiled Eggs</p> <p>AM: End of Summer "Ice Cream" Social (dairy free) ~ 3pm ~ Families Welcome</p>
<p>31 AM: Watermelon Slices</p> <p>PM: Blueberries and Vanilla Yogurt</p>				

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. **All meals and snacks served at First Light are made in facilities that prepare food items containing eggs, milk, peanuts, tree nuts, wheat, soy, fish and shellfish.

AUGUST 2015 SHOPPING LIST*

Shopping GRAINS

General Mills® Multi Grain Cheerios
General Mills® Apple Cheerios
FiberOne® Granola Bars
Mission® Whole Wheat Tortillas (small)
Cinnamon Raisin Bread
TriColored Pasta Spirals
Whole Grain English Muffin
Quaker® Caramel Rice Cakes
Quaker® Mini Rice Cakes
Rice Chex®
Baked Tostitos®

General Mills® Honey Nut Cheerios
Whole Grain Pita Pockets
Kellogs® Nutri Grain Bar
Kix® Cereal
Chow Mein Noodles
Whole Wheat Bread
Quaker® Cinnamon Oatmeal Squares
Quaker® Rice Cakes
Whole Wheat Bagels
Corn Chex®
Quaker® Quinoa Bars



FRESH FRUITS

Apples (red, Green, Golden)
Apricots
Bananas
Blueberries
Clementine Oranges
Grapefruit
Honeydew
Mangos
Pears
Plums
Raspberries

Avocado
Blackberries
Cantaloupe
Grapes (red, green)
Kiwi
Oranges
Pineapple
Strawberries

DRIED FRUITS

Apricots
Blueberries
Craisins® Original
Golden Raisins
Raisins
Apples

**If you cannot find ripe or good quality fruit/vegetables per your assignment, please substitute with a similar fruit/vegetable. Most brand names are suggestions and can be found at Walmart® to simplify the shopping process, but due to changing stock may require purchase at alternate store. Nutritionally equivalent store brand alternatives are also acceptable.*

AUGUST 2015 SHOPPING LIST*

FRESH VEGETABLES

Asparagus
Carrots
Celery
Spinach
Cherry Tomatoes
Peppers (red, yellow, orange, green)
Wild Oats Market Place Organic Extra Virgin Olive Oil

EXTRAS

Fat Free Ranch Dressing
Fat Free French Dressing
Old El Paso Salsa
Parchment Paper
Low fat Smuckers ® Grape Jelly



PROTEINS

Deli - Healthy Ones ® Reduced Sodium Turkey Breast
Deli - Healthy Ones ® Reduced Sodium Roast Beef
Deli - Healthy Ones® Reduced Sodium Ham
Deli - Healthy Ones ® Reduced Sodium Chicken (thick sliced)
Jif® Natural Peanut Butter
Jif ® Almond Butter
Eggs
Sabra® Classic Hummus
Low Fat Fruit Yogurt Peach
Low Fat Vanilla Greek Yogurt
Fat Free Philadelphia® Cream Cheese Strawberry
2% Cheddar Cheese
Low Fat 2% Cottage Cheese
Sargento ® Low Fat Mozzarella String Cheese
Sargento ® Reduced Fat Cheddar Cheese Sticks
Sargento ® Provolone Cheese Slices
Sargento ® Monterey Jack Cheese Slices
Sargento ® Cheddar Cheese Slices

