

APRIL 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM: Pear Pinwheels PM: Mini Whole Wheat Bagel with Nutella	2 AM: Fiber One Granola Bar PM: Apple Lady Bugs (Apple Halves and Raisins)	3 AM: Cinnamon and Honey Glazed Chickpeas PM: Turkey on Cucumber Rounds	4 AM: Apples and Low Fat Yogurt for dipping PM: Tri Colored Pasta with Parmesan Cheese
7 AM: Cinnamon Raisin Granola PM: Low Fat 2% Cottage Cheese with Clementine Oranges	8 AM: Banana & Peanut Butter Wrap PM: Apple and Oat Square Mix	9 AM: Harvest Peach Yoplait Yogurt PM: Fresh Snap Peas and Hummus for Dipping	10 AM: Strawberry/Vanilla Yogurt Granola Bars PM: Reduced Fat Whole Grain Triscuit's with Reduced Fat Swiss Cheese	11 AM: Miss Tina's Choice PM: Apple Merry Go Rounds (Apple Slices, Peanut Butter and Animal Crackers)
14 AM: Mandarin Oranges PM: Toasted Whole Wheat English Muffins & Honey	15 AM: Cinnamon Raisin Bread PM: Celery, Hummus and Deli Sliced Turkey	16 AM: Baked Tortilla Chips and Guacamole PM: Mixed Berries and Plain Yogurt	17 AM: Kiwi and Red Apples PM: Yellow Squash Wedges with Low Fat Ranch Dressing	18 AM: Miss Tina's Choice PM: Blueberry Bagels
21 AM: Applesauce Overnight Oatmeal (recipe attached) PM: Tropical Smoothie	22 AM: Frozen Bananas Dipped in Orange Juice PM: Blueberries and Honey Nut Cheerios	23 AM: Nutri-Grain Bar PM: 2% Cheddar Cheese Melted on a Whole Wheat Tortilla	24 AM: Rice Cakes with Peanut Butter PM: Kiwi Slices & Vanilla Yogurt	25 AM: Banana – Pear Caterpillar PM: Cinnamon Raisin Bread
28 AM: Clementine and Hard Boiled Egg PM: Pita Pocket and Deli Sliced Ham	29 AM: Cantaloupe and Honey Nut Cheerios PM: Cauliflower and Reduced Fat Colby Cheese Stick	30 AM: Low Fat Yogurt and Craisins PM: Fruit and Oats Snack Mix		

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 snacks served with water unless otherwise noted.