

# AUGUST 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM Broccoli Florets w/ Lowfat Ranch  PM Miss Kaitlin's Choice
4  AM Clementine Oranges & Multi Grain Cheerios  PM Carmel Rice Cake and sliced Red Grapes	5  AM Reduced Fat Cheddar Cheese Stick & Apple Slices  PM Banana Boats	6  AM Quick & Crunchy Trail Mix  PM Ham Rollers	7  AM Fresh Strawberries Dipped in Vanilla Yogurt  PM Whole Wheat Cinnamon Raisin Bread	8  AM Meaty Veggie Rollups  PM Miss Kaitlin's Choice
11  AM Whole Wheat Bagel with Peanut Butter  PM Sweet Potato Fries	12  AM Yellow/Red Peppers & Low Fat Ranch Dip  PM Frozen Greek Yogurt Berries	13  AM Apple and Oat Square Mix  PM Deli Sliced Roast Beef and Reduced Fat Cheddar Cheese Wraps	14  AM Cauliflower and Fat Free French Dressing  PM Baked Tostitos® and Cheddar Cheese	15  AM Kiwi Fruit & Apple Slices  PM Miss Kaitlin's Choice
18  AM Whole Wheat Toast & Hummus PM Cottage Cheese and Orange Slices	19  AM Frozen Bananas dipped in Orange Juice PM Celery Halves with Peanut Butter	20  AM Low Fat Peach Yogurt  PM Whole Wheat Bread with Low Fat Preserves	21  AM Sticks & Stones  PM Mango and Cottage Cheese	22  AM English Muffin with Honey  PM Miss Kaitlin's Choice
25  AM Rice Cakes and Peanut Butter PM Cinnamon Oatmeal Squares	26  AM Low Fat Vanilla Yogurt  PM Tri Colored Pasta Spirals and Cherry Tomatoes	27  AM Fruit and Oats Snack Mix PM Whole Wheat English Muffin and Peach Slices	28  AM Pita Pockets and Deli Sliced Turkey PM Whole Grain Tortilla and Fresh Avocado	29  AM Fiber One® Granola Bars  PM Miss Kaitlin's Choice

\*All fruits and vegetables are fresh. Any grain should 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 should be low fat or fat free. All meals served with milk.

## AUGUST 2014 SHOPPING LIST\*

### GRAINS

Kellogg's® Nutri-Grain® Cereal Bars – Any Flavor  
Bakery - Whole Wheat Pita Bread  
Thomas ® Whole Grain Mini-Bagels  
Natures Pride® Whole Wheat Bread  
Mission® Small Whole Wheat Tortilla  
Nabisco® Ritz® Whole Wheat Crackers  
Quaker® Cinnamon Oatmeal Squares  
General Mills® Honey Nut® Cheerios  
General Mills® Cheerios  
Baked Tostitos® Scoops  
Sunmaid ® Raisin Bread  
Thomas ® Hearty Grains English Muffins  
Mini Rice Cakes – Any Flavor  
General Mills® Rice Chex  
General Mills® Corn Chex



### FRESH FRUITS

Fresh Braeburn, Jonagold or Fuji Apples  
Whole Kiwis  
Pears  
Blueberries  
Strawberries  
Bananas  
Green Grapes  
Crenshaw Melon  
Cherries  
Peaches  
Santa Clause melon  
Oranges  
Plums  
Avocado  
Watermelon  
Raisins



## AUGUST 2014 SHOPPING LIST\*

Craisins

### PROTEINS

Deli - Healthy Ones ® Beef  
Sargento ® Reduced Fat Colby Jack Cheese Sticks  
Yoplait ® Yogurt  
Kraft ® Shredded Cheddar Cheese  
Fat Free Philadelphia® Strawberry Cream Cheese  
Daisy® Low Fat Cottage Cheese  
Sargento® Reduced Low Fat Provolone Cheese Slice



### FRESH VEGETABLES

Carrots  
Celery  
Broccoli  
Yellow Peppers  
Cucumbers  
Asparagus  
Sugar Snap Peas



### EXTRAS

Kraft ® Fat Free French Dressing  
Hidden Valley ® Low Fat Ranch Dressing

### RECIPE SPECIFIC

Fruit and Oat Square Mix – Cheerios®, Dried Apples and Raisins

*\*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.*