

DECEMBER 2013 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 AM: Fiber One Granola Bar PM: Lady Bug Apples	3 AM: Cinnamon Raisin Bread PM: Miss Tina's Choice	4 AM: Green Grapes PM: Honey Nut Cheerios & Bananas	5 AM: Broccoli Florets & Fat Free Ranch Dressing PM: Rice Cakes & Dried Apricots	6 AM: Low Fat Greek Fruit Yogurt PM: Miss Misty's Choice
9 AM: Clementine Oranges PM: Pita Pockets with Flavored Cream Cheese	10 AM: Low Fat Mozzarella String Cheese PM: Miss Jeannie's Choice	11 AM: Oatmeal Square Cereal PM: Reduced Fat Graham Cracker & Bananas	12 AM: Cauliflower & Fat Free French Dressing PM: Roast Beef Slices & Triscuits®	13 AM: Cucumber Wedges PM: Mr. Shane's Choice
16 AM: Whole Grain Club Cracker PM: Baked Tostitos & Cheddar Cheese	17 AM: Yellow & Red Pepper Slices PM: Miss Yan's Choice	18 AM: Sugar Snap Peas PM: Whole Wheat Tortilla & Turkey Roll-Up	19 AM: Banana Slices PM: Peanut Butter & Honey Sand. & Strawberries	20 AM: Kiwi Slices PM: Miss Holly's Choice
23 AM: Celery With Peanut Butter PM: Pears & Pretzel Sticks	24 MERRY CHRISTMAS CENTER CLOSED	25 MERRY CHRISTMAS CENTER CLOSED	26 AM: Animal Crackers PM: Ants on a Log	27 AM: Apple Slices W/ dash of Cinnamon Sugar PM: Miss Ashley's Choice
30 AM: Red Grapes PM: Pumpkin Bread & Milk	31 AM: Orange Slices PM: Miss Misty'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.