

DECEMBER 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 AM Fiber One Granola Bar PM Lady Bug Apples	2 AM Rice Cakes and Peanut Butter PM Cucumber Chips and Low Fat Ranch Dressing	3 AM Red and Green Grapes PM Honey Nut Cheerios & Dried Apricots	4 AM Broccoli Florets & Fat Free Ranch Dressing PM Frozen Bananas Dipped in Orange Juice	5 AM Greek Fruit Yogurt and Pineapple PM Miss Tina's Choice
8 AM Clementine Oranges PM Pita Pockets with Straw Flavored Cream Cheese	9 AM Low Fat Mozzarella String Cheese PM Nature Valley Yogurt Granola Bars	10 AM Ants on a Log PM Whole Grain Cheerios & Banana Slices	11 AM Oatmeal Square Cereal PM Roast Beef Slices & Cucumber Wedges	12 AM Cauliflower & Low Fat French Dressing PM Miss Tina's Choice
15 AM Low Fat Peach Yogurt PM Baked Tostitos & Salsa	16 AM Yellow & Red Pepper Slices with Hummus PM Sticks and Stones	17 AM Sugar Snap Peas PM Whole Wheat Tortilla & Turkey Roll- Up	18 AM Banana Slices PM Peanut Butter & Honey Sand. & Strawberry Slices	19 AM Kiwi and Strawberry Slices PM Miss Tina's Choice
22 AM Blueberry Greek Yogurt PM Veggie Christmas Tree (Celery, Yellow Peppers and Cherry Tomatoes)	23 AM Rice Cakes with Nutella PM Fruit Candy Cane (Strawberry and Banana Slices)	24 MERRY CHRISTMAS CENTER CLOSED	25 MERRY CHRISTMAS CENTER CLOSED	26 AM Apple Slices W/ Dash of Cinnamon Sugar PM Miss Tina's Choice
29 AM Snap Peas PM Cinnamon Raisin Bread & Milk	30 AM Orange Slices PM Vanilla Low Fat Yogurt and Dried Fruit	31 AM NutriGrain Bars PM Pom Poms Fresh Arils & Rice Cakes		

*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.