

FEBRUARY 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 AM Reduced Fat Cheddar Cheese Sticks</p> <p>PM Celery Sticks and Cherry Tomatoes with Low Fat Ranch Dip</p>	<p>3 AM Granny Smith Apples and Nutella</p> <p>PM Mini Sweet Peppers and Low Sodium Deli Roast Beef</p>	<p>4 AM Greek Yogurt</p> <p>PM Bananas & Peanut Butter</p>	<p>5 AM Grapefruit and Craisins®</p> <p>PM Quaker Oatmeal Squares</p>	<p>6 AM Oranges</p> <p>PM Mr. Tina's Choice</p>
<p>9 AM Red Grapes and Whole Grain Cheerios</p> <p>PM Whole Wheat English Muffin & Honey</p>	<p>10 AM Clementine</p> <p>PM Ants on a Log</p>	<p>11 AM Low Fat Peach Yogurt</p> <p>PM Tortilla Chips and Salsa</p>	<p>12 AM Sugar Snap Peas</p> <p>PM Multi Grain Cheerios® and Dried Apricots</p>	<p>13 AM Strawberries and Caramel Rice Cakes</p> <p>PM Miss Tina's Choice</p>
<p>16 AM Apple Slices</p> <p>PM Broccoli & Cauliflower with Reduced Fat French Dressing</p>	<p>17 AM Frozen Bananas dipped in Orange Juice</p> <p>PM Low Fat String Cheese</p>	<p>18 AM Nutrigrain® Bar</p> <p>PM Whole Wheat Tortilla Roll Up with Low Fat Strawberry Cream Cheese</p>	<p>19 AM Strawberries and Kiwi Slices</p> <p>PM Provolone Cheese Slices with Reduced Fat Triscuit® Crackers</p>	<p>20 AM Blueberries and Vanilla Yogurt</p> <p>PM Miss Tina's Choice</p>
<p>23 AM Low Fat Cottage Cheese & Raspberries</p> <p>PM Alexandria's Sweet Potato Fries</p>	<p>24 AM Sliced Green Grapes and Reduced Fat Cheddar Cheese Cubes</p> <p>PM Hummus and Whole Wheat Pita Bread</p>	<p>25 AM Peanut Butter and Mini Wheat Bagels</p> <p>PM Danimals Smoothie Yogurt Drinks</p>	<p>26 AM Mango Slices</p> <p>PM Cherry Tomatoes & Monterey Jack Cheese Slices</p>	<p>27 AM Whole Wheat Cinnamon Raisin Bread</p> <p>PM Miss Tina's Choice</p>

*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.