

FEBRUARY 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 AM Cheese Sticks PM Celery Sticks and Cherry Tomatoes with Ranch Dip	2 AM Granny Smith Apples and Nutella PM Mini Sweet Peppers and Low Sodium Deli Roast Beef	3 AM Vanilla Greek Yogurt and Craisins® PM Bananas & Peanut Butter	4 AM Strawberries and Caramel Rice Cakes PM Quaker Oatmeal Squares	5 AM Oranges PM Miss Tina's Choice
8 AM Red Grapes and Whole Grain Cheerios PM Whole Wheat English Muffin & Honey	9 AM Apple Smiles PM Tropical Smoothie (coconut milk, pineapple, banana)	10 AM Mango Slices PM Alexia's Sweet Potato Fries	11 AM Sugar Snap Peas PM Apple Cheerios® and Dried Apricots	12 Lincoln's Birthday AM Lincoln Cheese Sticks PM Miss Tina's Choice
15 Presidents Day AM Roasted Broccoli & Cauliflower with Reduced Fat French Dressing PM Raspberries, Blueberries and Vanilla Yogurt	16 AM Ants On A Log (peanut butter and raisins on celery) PM Sliced Green Grapes and Honey Nut Cheerios®	17 AM Apple Cinnamon Nutrigrain® Bar PM Whole Wheat Tortilla Roll Up with Low Fat Strawberry Cream Cheese	18 AM Strawberries and Kiwi Slices PM Provolone Cheese Slices with Reduced Fat Triscuit® Crackers	19 AM Low Fat Peach Yogurt PM Miss Tina's Choice
22 AM Quaker Cherry Pistachio Fruit and Nut Bars PM Peanut Butter and Wheat Bagels	23 AM Low Fat String Cheese PM Hummus and Whole Wheat Pita Bread	24 National Tortilla Chip Day AM Clementine Oranges PM Tostito Chips and Salsa (1's and 2's – Tortilla pieces and avocado)	25 AM Cherry Tomatoes & Monterey Jack Cheese Slices PM Fish in a Pond (Rice Cakes, Strawberry Cream Cheese, Craisins)	26 National Carnival Day AM Apple Merry-Go-Rounds PM Miss Tina's Choice
29 AM Cauliflower Popcorn PM Nutella and Jelly Snack Burritos				

*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.