

# FEBRUARY 2017 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>AM</b> Tropical Smoothie (coconut milk, pineapple, banana) <b>PM</b> Sticks and Stones	<b>2</b> <b>AM</b> Strawberries and Grapes <b>PM</b> Hard Boiled Eggs	<b>3</b> <b>AM</b> Apple Slices <b>PM</b> Miss Tina's Choice
<b>6</b> <b>AM</b> Red Grapes <b>PM</b> Whole Wheat English Muffin & Honey (Jelly for 2 and under)	<b>7</b> <b>AM</b> Cucumber sticks with ranch dressing <b>PM</b> Vanilla Greek Yogurt and Craisins®	<b>8</b> <b>AM</b> Mango Slices <b>PM</b> Alexia's Sweet Potato Fries	<b>9</b> <b>AM</b> Sugar Snap Peas <b>PM</b> Apple Cheerios® and Dried Apricots	<b>10</b> <b>AM</b> Cheese Sticks <b>PM</b> Miss Tina's Choice
<b>13</b> <b>AM</b> Roasted Broccoli & Cauliflower with Reduced Fat French Dressing <b>PM</b> Frozen Raspberries, Blueberries and Vanilla Yogurt	<b>14</b> <b>AM</b> Ants On A Log (peanut butter and raisins on celery) <b>PM</b> Kashi Granola Bars	<b>15</b> <b>AM</b> Green Grapes <b>PM</b> Whole Wheat Tortilla Roll Up with Strawberry Cream Cheese and Bananas	<b>16</b> <b>AM</b> Strawberries and Kiwi Slices <b>PM</b> Provolone Cheese Slices with Blue Diamond Nut Thins	<b>17</b> <b>AM</b> Apple Smiles <b>PM</b> Miss Tina's Choice
<b>20</b> <b>AM</b> Kind Bars <b>PM</b> Peanut Butter and Wheat Bagels	<b>21</b> <b>AM</b> Low Fat String Cheese <b>PM</b> Hummus and Toasted Whole Wheat Pita Bread	<b>22</b> <b>AM</b> Clementine Oranges <b>PM</b> Baked Apples and Sweet Potatoes	<b>23</b> <b>AM</b> Fish in a Pond (Rice Cakes, Strawberry Cream Cheese, Craisins) <b>PM</b> Tostito Chips and Salsa (1's and 2's – Tortilla pieces and avocado)	<b>24</b> <b>AM</b> Apple Merry-Go- Rounds <b>PM</b> Miss Tina's Choice
<b>27</b> <b>AM</b> Cherry Tomatoes & Colby Jack Cheese Sticks <b>PM</b> Nutella and Jelly Snack Burritos	<b>28</b> <b>AM</b> Bananas <b>PM</b> Mini Sweet Peppers and Low Sodium Deli Roast Beef			

\*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.