

FEBRUARY 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 AM Reduced Fat Cheddar Cheese Sticks PM Carrot Sticks & Low Fat Ranch Dip</p>	<p>4 AM Granny Smith Apples and Nutella PM Mini Sweet Peppers and Low Sodium Deli Roast Beef</p>	<p>5 AM Greek Yogurt PM Bananas & Peanut Butter</p>	<p>6 AM Craisins® and Raw Almonds PM Quaker Oatmeal Squares</p>	<p>7 AM Oranges and Raw Walnut Halves PM Mr. Shane's Choice</p>
<p>10 AM Red Grapes and Air Popcorn PM Whole Wheat English Muffin & Honey</p>	<p>11 AM Clementine and Hard Boiled Egg PM Ants on a Log</p>	<p>12 AM Low Fat Peach Yogurt PM Tortilla Chips and Salsa</p>	<p>13 AM Sugar Snap Peas PM Multi Grain Cheerios® and Dried Apricots</p>	<p>14 AM Strawberries and Caramel Rice Cakes PM Miss Holly's Choice</p>
<p>17 AM Apple Slices PM Broccoli & Reduced Fat French Dressing</p>	<p>18 AM Frozen Bananas dipped in Orange Juice PM Low Fat String Cheese</p>	<p>19 AM Grapefruit and Nutrigrain® Bar PM Whole Wheat Tortilla Roll Up with Low Fat Strawberry Cream Cheese</p>	<p>20 AM Kiwi Slices PM Provolone Cheese Slices with Reduced Fat Triscuit® Crackers</p>	<p>21 AM Blueberries and Vanilla Yogurt PM Miss Ashley's Choice</p>
<p>24 AM Pretzels and Buddy Fruits PM Low Fat Cottage Cheese & Mandarin Oranges</p>	<p>25 AM Green Grapes and Reduced Fat Cheddar Cheese Cubes PM Hummus and Whole Wheat Pita Bread</p>	<p>26 AM First Light Parent Addition: Apple Slices Peanut Butter and Wheat Bagels PM Danimals Smoothie Yogurt Drinks</p>	<p>27 AM Mango Slices PM Cherry Tomatoes & Monterey Jack Cheese Slices</p>	<p>28 AM Whole Wheat Cinnamon Raisin Bread 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.