


JULY 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 AM: Watermelon Slices</p> <p>PM: Whole Wheat Bread with Grape Preserves</p>	<p>2 AM: Vanilla Yogurt and Fresh Plums</p> <p>PM: Frozen Nutty Banana Nibblers</p>	<p>AM: Flag Snack (Blueberries, Raspberries, Strawberries and Mini Marshmallows)</p> <p>PM: Miss Ashley's Choice</p>
<p>6 AM: Mandarin Oranges</p> <p>PM: Apple Rice Cakes with Nutella and Apricots</p>	<p>7 AM: Ants on a Log (Celery, Almond Butter and Raisins)</p> <p>PM: Red, Green and Yellow Pepper Slices with Hummus</p>	<p>8 AM: Carrot Sticks</p> <p>PM: Banana and Peanut Butter Whole Wheat Bagels</p>	<p>9 AM: Tomato and Mozzarella Caterpillars</p> <p>PM: Alexia's Sweet Potato Fries</p>	<p>10 Parade Day AM: Strawberry Nutrigrain Bar</p> <p>PM: Miss Stormy's Choice</p>
<p>13 AM: Peaches and Multigrain Cheerios</p> <p>PM: Zucchini with Low Fat French Dressing</p>	<p>14 AM: Craisin and Oat Mix</p> <p>PM: Whole Wheat Bagels with Nutella and Pineapple</p>	<p>15 AM: Fresh Snap Peas</p> <p>PM: Corn Tortillas W/ Melted 2% Cheese & Fresh Tomatoes</p>	<p>16 AM: Banana Boats</p> <p>PM: Colby Cheese Stick and Apple Slices</p>	<p>17 AM: Kix and Golden Raisin Mix</p> <p>PM: Miss Tina's Choice</p>
<p>20 AM: Cutie Oranges</p> <p>PM: Swiss Cheese Slices with Reduced Fat Triscuit Crackers</p>	<p>21 AM: Fresh Broccoli and Reduced Fat Ranch Dressing</p> <p>PM: Toasted Whole Wheat Bagels with Honey and Honeydew</p>	<p>22 AM: Apple Slices</p> <p>PM: Deli Turkey Breast on Cucumber Slices</p>	<p>23 AM: Tropical Smoothie (made with Coconut Milk)</p> <p>PM: Yogurt Dipped Frozen Blueberries and Strawberries</p>	<p>24 AM: Fresh Cantaloupe and Cottage Cheese</p> <p>PM: Miss Tina's Choice</p>
<p>27 AM: Fruity Franks</p> <p>PM: Hard Boiled Eggs and Asparagus</p>	<p>28 AM: Ladybugs on a Leaf (Celery, Strawberry Cream Cheese and Craisins)</p> <p>PM: Frozen Yogurt Dipped Pineapple</p>	<p>29 AM: Sliced Grapes and Multigrain Cheerios</p> <p>PM: Apple Lady Bugs</p>	<p>30 AM: Kix Cereal and Dried Fruit</p> <p>PM: Whole Wheat Bagels with Cream Cheese and Cucumber</p>	<p>31 AM: Baked Tortilla Chips and Salsa (Corn Chex and Cherry Tomatoes for 1-2 year olds)</p> <p>PM: Miss Tina's Choice</p>

*All fruits and vegetables are fresh. Any grain will 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 will be low fat or fat free. **All meals and snacks served at First Light are made in facilities that prepare food items containing eggs, milk, peanuts, tree nuts, wheat, soy, fish and shellfish.

JULY 2015 SHOPPING LIST*

Shopping

GRAINS

General Mills® Multi Grain Cheerios
General Mills® Apple Cheerios
FiberOne® Granola Bars
Mission® Whole Wheat Tortillas (small)
Cinnamon Raisin Bread
TriColored Pasta Spirals
Whole Grain English Muffin
Quaker® Caramel Rice Cakes
Quaker® Mini Rice Cakes
Rice Chex®
Baked Tostitos®

General Mills® Honey Nut Cheerios
Whole Grain Pita Pockets
Kellogs® Nutri Grain Bar
Kix® Cereal
Chow Mein Noodles
Whole Wheat Bread
Quaker® Cinnamon Oatmeal Squares
Quaker® Rice Cakes
Whole Wheat Bagels
Corn Chex®



FRESH FRUITS

Apples (red, Green, Golden)
Apricots Avocado
Bananas Blackberries
Blueberries Cantaloupe
Clementine Oranges
Grapefruit Grapes (red, green)
Honeydew Kiwi
Mangos Oranges
Pears Pineapple
Plums Strawberries
Raspberries

DRIED FRUITS

Apricots
Blueberries
Craisins® Original
Golden Raisins
Raisins
Apples

FRESH VEGETABLES

Asparagus Broccoli
Carrots Cauliflower
Celery Cucumber
Spinach Sweet Potato
Cherry Tomatoes
Peppers (red, yellow, orange, green)

EXTRAS

Fat Free Ranch Dressing
Fat Free French Dressing
Old El Paso Salsa
Parchment Paper
Low fat Smuckers ® Grape Jelly



JULY 2015 SHOPPING LIST*

PROTEINS

Deli - Healthy Ones ® Reduced Sodium Turkey Breast
Deli - Healthy Ones ® Reduced Sodium Roast Beef
Deli - Healthy Ones® Reduced Sodium Ham
Deli - Healthy Ones ® Reduced Sodium Chicken (thick sliced)
Jif® Natural Peanut Butter
Jif ® Almond Butter
Eggs
Sabra® Classic Hummus
Low Fat Fruit Yogurt Peach
Low Fat Vanilla Greek Yogurt
Fat Free Philadelphia® Cream Cheese Strawberry
2% Cheddar Cheese
Low Fat 2% Cottage Cheese
Sargento ® Low Fat Mozzarella String Cheese
Sargento ® Reduced Fat Cheddar Cheese Sticks
Sargento ® Provolone Cheese Slices
Sargento ® Monterey Jack Cheese Slices
Sargento ® Cheddar Cheese Slices



**If you cannot find ripe or good quality fruit/vegetables per your assignment, please substitute with a similar fruit/vegetable. Most brand names are suggestions and can be found at Walmart® to simplify the shopping process, but due to changing stock may require purchase at alternate store. Nutritionally equivalent store brand alternatives are also acceptable.*