

# JUNE 2014 SNACK MENU

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>2</p> <p style="text-align: center;">AM Pear Pinwheels</p> <p style="text-align: center;">PM Apple Peanut Butter Sandwich</p>	<p>3</p> <p style="text-align: center;">AM Fiber One Granola Bars</p> <p style="text-align: center;">PM Frozen Bananas Dipped in Orange Juice</p>	<p>4</p> <p style="text-align: center;">AM Fresh Blackberries and Watermelon Slices</p> <p style="text-align: center;">PM Carrot, Cream Cheese and Raisin Bites</p>	<p>5</p> <p style="text-align: center;">AM Kiwi Halves and Plain Greek Yogurt</p> <p style="text-align: center;">PM Pita Wedges with Hummus</p>	<p>6</p> <p style="text-align: center;">AM Fresh Strawberries and Cheddar Cheese Cubes</p> <p style="text-align: center;">PM Teddy Bear Whole Wheat Toast</p>
<p>9</p> <p style="text-align: center;">AM Ham Rollers</p> <p style="text-align: center;">PM Quaker Oatmeal Squares</p>	<p>10</p> <p style="text-align: center;">AM Fuji Apples and Rice Chex</p> <p style="text-align: center;">PM Tri-Colored Pasta with Parmesan Cheese</p>	<p>11</p> <p style="text-align: center;">AM Peach Yogurt and Mini Caramel Rice Cakes</p> <p style="text-align: center;">PM Tortilla Chips and Guacamole</p>	<p>12</p> <p style="text-align: center;">AM Sliced Grapes and Cheerios</p> <p style="text-align: center;">PM Banana/Pear Caterpillar</p>	<p>13</p> <p style="text-align: center;">AM Mango Slices and Low Fat String Cheese</p> <p style="text-align: center;">PM Strawberry/Vanilla Yogurt Bars</p>
<p>16</p> <p style="text-align: center;">AM Sticks and Stones</p> <p style="text-align: center;">PM Applesauce Overnight Oatmeal</p>	<p>17</p> <p style="text-align: center;">AM Quick and Crunchy Trail Mix</p> <p style="text-align: center;">PM Cinnamon Raisin Bagels with Low Fat Cream Cheese</p>	<p>18</p> <p style="text-align: center;">AM Whole Wheat Tortilla Roll Up with Low Fat Blueberry Cream Cheese</p> <p style="text-align: center;">PM Fruit Scone</p>	<p>19</p> <p style="text-align: center;">AM Apple and Oat Square Mix</p> <p style="text-align: center;">PM Ants on a Log</p>	<p>20</p> <p style="text-align: center;">AM Jicama Sticks with Honey Lime Dipping Sauce</p> <p style="text-align: center;">PM Alexandra's Sweet Potato Fries</p>
<p>23</p> <p style="text-align: center;">AM Toasted Whole Wheat English Muffins &amp; Honey</p> <p style="text-align: center;">PM Provolone Cheese Slices with Reduced Fat Triscuit Crackers</p>	<p>24</p> <p style="text-align: center;">AM Peaches and Multigrain Cheerios</p> <p style="text-align: center;">PM Fresh Yellow and Red Pepper Strips and Hummus for Dipping</p>	<p>25</p> <p style="text-align: center;">AM Fresh Broccoli and Reduced Fat French Dressing</p> <p style="text-align: center;">PM Frozen Nutty Banana Nibblers</p>	<p>26</p> <p style="text-align: center;">AM Cinnamon Raisin Bread and Mandarins</p> <p style="text-align: center;">PM Eggo® Nutri-Grain Honey Oat Waffle &amp; Milk</p>	<p>27</p> <p style="text-align: center;">AM Fresh Cantaloupe and Cottage Cheese</p> <p style="text-align: center;">PM Banana and Peanut Butter Whole Wheat Wrap</p>
<p>30</p> <p style="text-align: center;">AM Fresh Strawberries Dipped in Vanilla Yogurt</p> <p style="text-align: center;">PM Deli Turkey Breast on Cucumber Slices</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.

