

# JUNE 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>AM:</b> Whole Wheat Tortilla and Peanut Butter</p> <p><b>PM:</b> Alexandra's Sweet Potato Fries</p>	<p>2 <b>AM:</b> Sliced Grapes and Cheerios</p> <p><b>PM:</b> Whole Wheat Bagels with Nutella</p>	<p>3 <b>AM:</b> Fish in a Stream</p> <p><b>PM:</b> Fiber One Granola Bars</p>	<p>4 <b>AM:</b> Peach Yogurt and Apple Rice Cakes</p> <p><b>PM:</b> Frozen Nutty Banana Nibblers</p>	<p>5 <b>AM:</b> Fresh Strawberries and Cheddar Cheese Cubes</p> <p><b>PM:</b> Miss Stormy's Choice</p>
<p>8 <b>AM:</b> Fresh Blackberries and Pear Slices</p> <p><b>PM:</b> Tri-Colored Pasta with Parmesan Cheese</p>	<p>9 <b>AM:</b> Tomato and Mozzarella Caterpillars</p> <p><b>PM:</b> Toasted Pita Wedges with Hummus</p>	<p>10 <b>AM:</b> Cauliflower and Reduced Fat French Dressing</p> <p><b>PM:</b> Baked Tortilla Chips (Corn Chex for 1-2 year olds) and Salsa</p>	<p>11 <b>AM:</b> Tropical Smoothie (made with Coconut Milk)</p> <p><b>PM:</b> Strawberry/Vanilla Yogurt Bars</p>	<p>12 <b>AM:</b> Toasted Whole Wheat English Muffins &amp; Honey</p> <p><b>PM:</b> Miss Stormy's Choice</p>
<p>15 <b>AM:</b> Carrot Sticks</p> <p><b>PM:</b> Apple and Oat Square Mix</p>	<p>16 <b>AM:</b> Quick and Crunchy Trail Mix</p> <p><b>PM:</b> Whole Wheat Bagels with Apple Butter</p>	<p>17 <b>AM:</b> Pear Pin Wheels</p> <p><b>PM:</b> Mini Zucchini Pizzas</p>	<p>18 <b>AM:</b> Ladybugs on a Leaf</p> <p><b>PM:</b> Kix Cereal and Dried Fruit</p>	<p>19 <b>AM:</b> Mango Slices and Low Fat String Cheese</p> <p><b>PM:</b> Miss Stormy's Choice</p>
<p>22 <b>AM:</b> Oranges</p> <p><b>PM:</b> Swiss Cheese Slices with Reduced Fat Triscuit Crackers</p>	<p>23 <b>AM:</b> Peaches and Multigrain Cheerios</p> <p><b>PM:</b> Ham and Asparagus Rolls</p>	<p>24 <b>AM:</b> Fresh Broccoli and Reduced Fat Ranch Dressing</p> <p><b>PM:</b> Banana and Peanut Butter Whole Wheat Bagels</p>	<p>25 <b>AM:</b> Fresh Yellow and Red Pepper Strips and Hummus for Dipping</p> <p><b>PM:</b> Yogurt Dipped Frozen Blueberries and Strawberries</p>	<p>26 <b>AM:</b> Fresh Cantaloupe and Cottage Cheese</p> <p><b>PM:</b> Miss Stormy's Choice</p>
<p>29 <b>AM:</b> Fruity Franks</p> <p><b>PM:</b> Deli Turkey Breast on Cucumber Slices</p>	<p>30 <b>AM:</b> Cinnamon Raisin Bread and Mandarins</p> <p><b>PM:</b> Hard Boiled Eggs and Apple Slices</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.

## JUNE 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



## JUNE 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.*