

JANUARY 2015 SNACK MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | 1 HAPPY NEW YEAR CENTER CLOSED | 2 AM: Dried Apricots and Plain Greek Yogurt PM: Miss Tina's Choice |
| 5 AM: Fiber One Granola Bar PM: Pear Pin Wheels | 6 AM: Red Grapes PM: Red, Green and Yellow Pepper Slices with Hummus | 7 AM: Banana Boats PM: Whole Wheat English Muffin with Honey | 8 AM: Strawberry Smoothie PM: Apple and Oat Square Mix | 9 AM: Oranges PM: Miss Tina's Choice |
| 12 AM: Sticks and Stones PM: Zucchini With Low Fat Ranch Dressing & Cheddar Cheese Cubes | 13 AM: Apples with Low Fat Yogurt for Dipping PM: Mango Slices | 14 AM: Whole Wheat Bread With Low Fat Preserves PM: Mini Sweet Peppers and Low Sodium Deli Roast Beef | 15 AM: Banana and Pear Caterpillar PM: Cauliflower and Hummus for Dipping | 16 AM: Mandarins PM: Miss Tina's Choice |
| 19 AM: Green Grapes PM :Provolone Cheese Slice on Whole Wheat Ritz Cracker | 20 AM: Kiwi & Strawberry Slices PM: Broccoli with Low Fat French Dressing | 21 AM: Pear Slices PM Blueberry Bagels with Low Fat Cream Cheese Spread | 22 AM: Edamame PM: Low Fat Cottage Cheese and Dried Fruit | 23 AM: Mini Rice Cakes and Clementine's PM: Miss Tina's Choice |
| 26 AM Snap Peas PM: Banana Boats | 27 AM: Apple Sandwiches PM: Whole Wheat Pita Bread with Reduced Sodium Turkey Slices | 28 AM: Mozzarella Cheese Sticks PM: Ham Rollers | 29 AM: Blueberry Greek Yogurt PM: Tri-Colored Pasta with Parmesan Cheese | 30 AM: Strawberry Slices PM: Alexandria's Sweet Potato Fries |

*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.