

JULY 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p style="text-align: center;">AM Watermelon Slices</p> <p style="text-align: center;">PM Whole Wheat Bread with Grape Preserves</p>	<p>2</p> <p style="text-align: center;">AM Fresh Snap Peas with Hummus for Dipping</p> <p style="text-align: center;">PM Deli Roast Beef and Cheddar Cheese Wrap</p>	<p>3</p> <p style="text-align: center;">AM Fresh Peaches and Vanilla Yogurt</p> <p style="text-align: center;">PM Flag Snack (Blueberries, Raspberries, Strawberries and Mini Marshmallows)</p>	<p>4</p> <p style="text-align: center;">Closed for 4th of July</p> <div style="text-align: center;">  </div>
<p>7</p> <p style="text-align: center;">AM Whole Wheat Bagel w/ Strawberry Cream Cheese</p> <p style="text-align: center;">PM Blueberry Nutri-Grain Bar</p>	<p>8</p> <p style="text-align: center;">AM Sliced Red Grapes</p> <p style="text-align: center;">PM Fruit and Oats Snack Mix - dried fruit, cheerios and raisins</p>	<p>9</p> <p style="text-align: center;">AM Pita Pocket with Sliced Deli Ham</p> <p style="text-align: center;">PM Banana Boats</p>	<p>10</p> <p style="text-align: center;">AM Whole Wheat English Muffin with Honey</p> <p style="text-align: center;">PM Deli Roast Beef & Fresh Snap Peas</p>	<p>11</p> <p style="text-align: center;">AM Miss Kaitlin's Choice</p> <p style="text-align: center;">PM Mini Whole Wheat Bagel with Nutella</p>
<p>14</p> <p style="text-align: center;">AM Frozen Strawberries dipped in Vanilla Yogurt</p> <p style="text-align: center;">PM Apricots and Rice Cakes</p>	<p>15</p> <p style="text-align: center;">AM Banana-Pear Caterpillars</p> <p style="text-align: center;">PM Raisin Bread</p>	<p>16</p> <p style="text-align: center;">AM Fresh Apple Slices and Reduced Fat Cheddar Cheese Cubes</p> <p style="text-align: center;">PM Baked Tortilla Chips and Guacamole</p>	<p>17</p> <p style="text-align: center;">AM Yellow and Red Pepper Strips with Fat Free Ranch Dressing</p> <p style="text-align: center;">PM Yoplait GoGurt®</p>	<p>18</p> <p style="text-align: center;">AM Blueberry Nutri-grain Bar</p> <p style="text-align: center;">PM Miss Kaitlin's Choice</p>
<p>21</p> <p style="text-align: center;">AM Fresh Raspberries and Reduced Fat Whole Grain Triscuit's</p> <p style="text-align: center;">PM Fresh Cantaloupe & Low Fat Colby Cheese Sticks</p>	<p>22</p> <p style="text-align: center;">AM Fresh Plum Slices and Rice Chex</p> <p style="text-align: center;">PM Harvest Peach Yoplait Yogurt</p>	<p>23</p> <p style="text-align: center;">AM Rice Cakes and Peanut Butter</p> <p style="text-align: center;">PM Corn Tortillas W/ Melted 2% Cheese & Fresh Tomatoes</p>	<p>24</p> <p style="text-align: center;">AM Strawberry and Banana Slices</p> <p style="text-align: center;">PM Sliced Red Grapes & Quaker Oatmeal To Go Bars®</p>	<p>25</p> <p style="text-align: center;">AM Miss Kaitlin's Choice</p> <p style="text-align: center;">PM Tri Colored Pasta with Parmesan Cheese</p>
<p>28</p> <p style="text-align: center;">AM Quaker Oatmeal Squares and Honeydew Slices</p> <p style="text-align: center;">PM Harvest Peach Yoplait Yogurt</p>	<p>29</p> <p style="text-align: center;">AM Fresh Pineapple and Cottage Cheese</p> <p style="text-align: center;">PM Cinnamon Raisin Bread</p>	<p>30</p> <p style="text-align: center;">AM Fresh Kiwi Slices and Red Apple Slices</p> <p style="text-align: center;">PM Zucchini Slices and Low Fat French Dressing</p>	<p>31</p> <p style="text-align: center;">AM Honey Nut Cheerios and Dried Apricots</p> <p style="text-align: center;">PM Plain Greek Yogurt with Fresh Blueberries</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.