

# MAY 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>AM:</b> Pear Pinwheels <b>PM:</b> Miss Tina's Choice
<b>4</b> <b>AM:</b> Fresh Plum Slices and Slice of Whole Wheat Toast <b>PM:</b> Strawberries and Bananas	<b>5</b> <b>AM:</b> Tropical Smoothie (with coconut milk) <b>PM:</b> Sweet Potato Fries	<b>6</b> <b>AM:</b> Fresh Blackberries and Mango <b>PM:</b> Banana & Quaker Oatmeal Squares (Cheerios for age 1-2)	<b>7</b> <b>AM:</b> Raspberries and Pears <b>PM:</b> Whole Wheat Bagels w/Low Fat Strawberry Cream Cheese	<b>8</b> <b>AM:</b> Fruit & Kix Snack Mix <b>PM:</b> Miss Tina's Choice
<b>11</b> <b>AM:</b> Raisin Bread and Cantaloupe <b>PM:</b> Fresh Asparagus and Hummus	<b>12</b> <b>AM:</b> Strawberries & Honey Nut Cheerios <b>PM:</b> Ants on a Log (with herbed cream cheese and pretzel)	<b>13</b> <b>AM:</b> Cauliflower and Colby Jack Cheese Sticks <b>PM:</b> Apple Slices and Peanut Butter	<b>14</b> <b>AM:</b> Fresh Kiwi and Strawberry Slices <b>PM:</b> Fiber One Bars	<b>15</b> <b>AM:</b> Deli sliced Turkey and 2% Cheddar Cheese Squares <b>PM:</b> Miss Tina's Choice
<b>18</b> <b>AM:</b> Mandarin Oranges <b>PM:</b> Whole Wheat Pita and Peanut Butter	<b>19</b> <b>AM:</b> Fresh Peach Slices <b>PM :</b> Toasted Whole Wheat English Muffin with Honey	<b>20</b> <b>AM:</b> Pear Slices and Vanilla Greek Yogurt <b>PM:</b> Kellogg's® Blueberry Nutri Grain Bar	<b>21</b> <b>AM:</b> Sliced Cantaloupe <b>PM:</b> Rice Chex and Green Grape Slices	<b>22</b> <b>AM:</b> Apple Cheerios and Dried Apricots <b>PM:</b> Miss Tina's Choice
<b>25</b> <b>CLOSED FOR MEMORIAL DAY</b>	<b>26</b> <b>AM:</b> Rice Cakes and Nutella <b>PM:</b> Pepper Slices and Hummus	<b>27</b> <b>AM:</b> Peach Yogurt <b>PM:</b> Broccoli and & Deli Turkey Slices	<b>28</b> <b>AM:</b> Baked Tostitos with Guacamole (ages 1-2) Corn Chex and Avocado <b>PM:</b> Cinnamon Raisin Bread and Honeydew	<b>29</b> <b>AM:</b> Deli Sliced Ham and Cucumber Rounds <b>PM:</b> Miss Tina's Choice

\*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 snacks served with water unless otherwise noted.\*\*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.

## MAY 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

#### 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

## MAY 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

### RECIPE SPECIFIC

**Sticks & Stones:** Kix® Cereal, Chow Mein Noodles, Peanut Butter, Honey, Raisins

**Ham Rollers:** Sliced Deli Ham, Reduced Fat Cheddar Cheese, Apples

**Meaty Veggie Roll ups:** Thick Sliced Chicken, Cucumber

**Quick and Crunchy Train Mix:** Multigrain Cheerios, Rice Checks, Corn Checks, Golden Raisins, Dried Cranberries

**Green Smoothie:** Fat Free Milk, Vanilla Yogurt, Spinach, Banana, Green Apple, Lemon Juice

*\*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.*