


# MARCH 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 AM: Rice Cakes and Peanut Butter PM: Low Fat Fruit Yogurt	3 AM: Cinnamon Oatmeal Squares PM: Whole Grain Tortilla and Peanut Butter	4 AM: Baked Tostitos® and Mild Salsa PM: Fruit and Oats Snack Mix (dried fruit, whole wheat cheerios and raisins)	5 AM: Meaty Veggie Rollups PM: Fiber One® Granola Bars	6 AM: Broccoli Florets PM: Miss Tina's Choice
9 AM: Whole Wheat Toast & Hummus PM: Lady Bug Apples	10 AM: Reduced Fat Cheddar Cheese Stick & Kiwi Fruit PM: Frozen Greek Yogurt Berries	11 AM: Quick & Crunchy Trail Mix PM: Ham Rollers	12 AM: Tri Colored Pasta Spirals and Cherry Tomatoes PM: Grapes and Hard Boiled Egg	13 AM: English Muffin with Honey PM: Miss Tina's Choice
16 AM: Celery and Fat Free Ranch Dressing PM: Pears and Cottage Cheese	17 AM: Green Smoothie  PM: Cucumber Slices Low Fat Cheese Sticks	18 AM: Mini Rice Cakes and Dried Apricots PM: Deli Sliced Roast Beef and Reduced Fat Cheddar Cheese Wraps	19 AM: Apple Slices PM: Honey Nut Cheerios and Bananas	20 AM: Kiwi Fruit & Apple Slices PM: Miss Tina's Choice
23 AM: Clementine Oranges & Multi Grain Cheerios PM: Carmel Rice Cake and Sliced Red Grapes	24 AM: Yellow/Red Peppers & Low Fat Ranch Dip PM: Celery Halves with Peanut Butter	25 AM: Whole Wheat Bread with Low Fat Preserves PM: Low Fat Yogurt	26 AM: Sticks & Stones PM: Cauliflower and Hummus for Dipping	27 AM: Low Fat Mozzarella String Cheese PM: Miss Tina's Choice
30 AM: Sweet Potato Fries PM: Strawberries & Bananas	31 AM: Mangos and Pears PM: Pita Pockets and Deli Sliced Turkey			

\*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.

\*\*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.

## MARCH 2015 SHOPPING LIST\*

### Shopping

#### GRAINS

General Mills® Multi Grain Cheerios  
FiberOne® Granola Bars  
Mission® Whole Wheat Tortillas  
Cinnamon Raisin Bread  
TriColored Pasta Spirals  
Whole Grain English Muffin  
Mini Rice Cakes  
Rice Cakes  
Cinnamon Oatmeal Squares  
Baked Tostitos®



Whole Grain Pita Pockets  
Honey Nut Cheerios  
Multi Grain Cheerios  
Caramel Rice Cakes  
Whole Wheat Bread  
Kix® Cereal  
Chow Mein Noodles

#### FRESH FRUITS

Apples (red, Green, Golden)  
Kiwi                      Strawberries  
Blue Berries            Mango  
Pears                     Bananas  
Green Grapes          Red Grapes  
Mangos                   Blueberries  
Grapefruit              Cherry Tomatoes  
Oranges                  Clementine Oranges  
Cucumber

#### DRIED FRUITS

Raisins                      Blueberries  
Golden Raisins          Apricots  
Craisins® Original

#### FRESH VEGETABLES

Celery                      Cauliflower  
Broccoli                   Sweet Potato  
Carrots                    Bell Peppers (red, yellow, orange)  
Spinach

#### 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



*First Light*  
CHILDREN'S CENTER



## MARCH 2015 SHOPPING LIST\*

### PROTEINS CONTINUED

2% Cheddar Cheese  
Low Fat Mozzarella String Cheese  
Low Fat 2% Cottage Cheese  
Sargento ® Reduced Fat Cheddar Cheese Sticks  
Sargento ® Provolone Cheese Slices  
Sargento ® Monterey Jack Cheese Slices  
Sargento ® Cheddar Cheese Slices

### EXTRAS

Fat Free Ranch Dressing  
Fat Free French Dressing  
Old El Paso Salsa  
Parchment Paper  
Low fat Smuckers ® Grape Jelly

### 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.*