

# MARCH 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 AM: Fiber One® Granola Bar PM: Lady Bug Apples	4 AM: Cinnamon Oatmeal Squares PM: Whole Grain Tortilla and Fresh Avocado	5 AM: Fruit and Oats Snack Mix (dried fruit, whole wheat cheerios and raisins ) PM: Whole Wheat English Muffin and Pear Slices	6 AM: Low Fat Fruit Yogurt PM: Rice Cakes and Peanut Butter	7 AM: Broccoli Florets PM Meaty Veggie Rollups (recipe attached)
10 AM: Clementine Oranges & Multi Grain Cheerios PM: Carmel Rice Cake and sliced Red Grapes	11 AM: Reduced Fat Cheddar Cheese Stick & Apple Slice PM Honey Nut Cheerios and Bananas	12 AM: Quick & Crunchy Trail Mix PM: Ham Rollers (recipe attached)	13 AM: Melon Cubes and Hard Boiled Egg PM: Whole Wheat Cinnamon Raisin Bread and Banana Slices	14 AM: Cauliflower and Fat Free French Dressing PM Miss Holly's Choice
17 AM: Rice Chex and Sliced Grapes PM: Pears and Cottage Cheese	18 AM: Yellow/Red Peppers & Low Fat Ranch Dip PM: Frozen Greek Yogurt Berries (recipe attached)	19 AM: Whole Wheat Bagel with Peanut Butter PM: Deli Sliced Roast Beef and reduced fat Cheddar Cheese Wraps	20 AM: Tropical Smoothie (recipe attached) PM: Baked Tostitos® and Cheddar Cheese	21 AM: Kiwi Fruit & Apple Kabobs PM: Tri Colored Pasta Spirals and Cherry Tomatoes
24 AM: Whole Wheat Toast & Hummus PM: Cottage Cheese and Orange Slices	25 AM: Apple Slices PM: Celery Halves with Peanut Butter	26 AM: Low Fat Yogurt PM: Whole Wheat Bread with Low Fat Preserves	27 AM: Sticks & Stones PM: Sweet Potato Fries (recipe attached)	28 AM: English Muffin with Honey PM: Miss Tina's Choice
31 AM: Strawberries & Bananas 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.