


# NOVEMBER 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>AM:</b> Colby Jack Cheese Sticks <b>PM:</b> Banana Boats	<b>3</b> <b>AM:</b> Cucumber Chips and French Dressing <b>PM:</b> Blueberry Nutri Grain Bar	<b>4</b> <b>AM:</b> Multigrain Cheerios <b>PM:</b> Baked Tostitos and Salsa	<b>5</b> <b>AM:</b> Rice Cake with Almond Butter <b>PM:</b> Whole Wheat Bagels with Raspberry Preserves	<b>6</b> <b>AM:</b> Whole Wheat Tortillas and Melted 2% Cheese <b>PM:</b> Miss Tina's Choice
<b>9</b> <b>AM:</b> Ants on a Log <b>PM:</b> Whole Wheat Bagels with Strawberry Cream Cheese	<b>10</b> <b>AM:</b> Popcorn Cauliflower <b>PM:</b> Nutella and Banana Burritos	<b>11 VETERANS DAY</b> <b>AM:</b> Make Your Own American Flag Toast <b>PM:</b> Sweet Potato Fries	<b>12</b> <b>AM:</b> Turkey Rollers <b>PM:</b> Quaker Oatmeal Squares and Vanilla Yogurt (Kix and Yogurt for ages 1-2)	<b>13</b> <b>AM:</b> Cottage Cheese and Mango Slices <b>PM:</b> Miss Tina's Choice
<b>16 National Button Day</b> <b>AM:</b> Turkey Slices with Cucumber "Buttons" <b>PM:</b> Toasted English Muffin with Honey and Banana "Buttons"	<b>17</b> <b>AM:</b> Honey Nut Cheerios <b>PM:</b> Apple, Peanut Butter and Raisin Sandwiches	<b>18</b> <b>AM:</b> Fiber One Blueberry Streusel Bars <b>PM:</b> Hummus 'Sammies' (Bread, Hummus, Shredded Carrots)	<b>19</b> <b>AM:</b> Pear Pinwheels <b>PM:</b> Sticks and Stones and Purple Grapes	<b>20</b> <b>AM:</b> Orange Sunrise Smoothie <b>PM:</b> Miss Tina's Choice
<b>23</b> <b>AM:</b> Quaker Quinoa Fruit and Nut Bars <b>PM:</b> Toasted Whole Wheat English Muffin with Honey and Grapes	<b>24</b> <b>AM:</b> Apple Cheerios and Dried Apricots <b>PM:</b> Vanilla Yogurt and Berry Berry Kix Cereal	<b>25</b> <b>AM:</b> Thanksgiving Mix (Bugles, Rice Chex, Cherries, Gold Fish, Oatmeal Cereal Squares, Candy Corn) <b>PM:</b> Miss Tina's Choice	<b>26</b> <b>Closed for Thanksgiving</b>	<b>27</b> <b>Closed for Thanksgiving</b>
<b>30</b> <b>AM:</b> Tomato and Mozzarella Caterpillars <b>PM:</b> Sweet Potato, Apple Cranberry Bake				

\*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.

**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®  
 Quaker® Quinoa Bars



**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  
 Apples  
 Sunkist Pitted Dates

*\*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.*

**2015 SHOPPING LIST\***

**FRESH VEGETABLES**

- Asparagus
- Carrots
- Celery
- Spinach
- Cherry Tomatoes
- Peppers (red, yellow, orange, green)
- Broccoli
- Cauliflower
- Cucumber
- Sweet Potato

**EXTRAS**

- Fat Free Ranch Dressing
- Fat Free French Dressing
- Old El Paso Salsa
- Parchment Paper
- Low fat Smuckers ® Grape Jelly
- Butter
- Wild Oats Market Place Organic Extra Virgin Olive Oil
- Coco Powder
- Shredded Coconut
- Raw Pecans



**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

