

# NOVEMBER 2013 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM: Baby Carrots PM: Whole Wheat Tortillas and Melted 2% Cheese
4 AM: Sugar Snap Peas  PM: Applesauce Bread Craisins®	5 AM: Yoplait® Pomegranate Smoothie PM: Miss Jeannie's Choice	6 AM: Cucumber Chips & Fat Free Ranch Dressing  PM: Fruity Peanut Butterfly	7 AM: Broccoli Florets  PM: Mr. Shane's Choice	8 AM: Mandarin Oranges  PM: Strawberry Yogurt and Granola
11 AM: Star Fruit PM: Vanilla Greek Yogurt & Pineapple	12 AM: Apple Cinnamon Bread  PM: Miss Yan's Choice	13 AM: Whole Wheat Bread and Low Sugar Preserves PM: Fruit Caterpillars	14 AM: Apple Slices  PM: Miss Holly's Choice	15 AM: Red Grapes PM: Reduced Sodium Turkey Slices with Cucumber Wedges
18 AM: Kiwi Halves PM: Whole Wheat Ritz® with Reduced Monterey Jack Cheese	19 AM: Wasabi Peas  PM: Miss Sage's Choice	20 AM: Nature Valley Yogurt Granola Bars®  PM: Miss Ashleigh's Choice	21 AM: Cauliflower Florets  PM: Miss Ashley's Choice	22 AM: Banana Slices  PM: Yellow & Red Pepper Strips & Low Salt Pretzels Sticks
25 AM: Orange Wedges  PM: Whole Wheat Blueberry Bagels & Cream Cheese	26 AM: Pears  PM: Scooter Snacks	27 AM: Multi-Grain Cheerios  PM: Holiday Surprise	28 HAPPY THANKSGIVING CENTER CLOSED	29 HAPPY THANKSGIVING CENTER CLOSED

\*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.