

NOVEMBER 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 AM Reduced Fat Cheddar Cheese Sticks PM Apple Slice and Nutella	4 AM Whole Wheat Toast w/ Low Fat Strawberry Preserves PM Clementine's	5 AM Multi Grain Cheerios PM Whole Wheat Tortilla Chips and Salsa	6 AM Pears and Plain Greek Yogurt PM Quaker Oatmeal Squares	7 AM Miss Kaitlin's Choice PM Whole Wheat Tortillas and Melted 2% Cheese
10 AM Apple and Oat Square Mix PM Whole Wheat Mini Bagel with Low Fat Strawberry Cream Cheese	11 AM Nutri Grain® Bar PM Banana Boats	12 AM Cucumber Chips & Fat Free Ranch Dressing PM Sweet Potato Fries	13 AM Ham Rollers PM Whole Wheat Cinnamon Raisin Bread	14 AM Miss Kaitlin's Choice PM Strawberry Yogurt and Granola
17 AM Low Fat Cheese Sticks PM English Muffin with Honey	18 AM Ants on a Log PM Whole Wheat Ritz® with Reduced Monterey Jack Cheese	19 AM Honey Nut Cheerios and Dried Apricots PM Low Fat Vanilla Yogurt	20 AM Cottage Cheese and Pineapple Slices PM Clementine Oranges	21 AM Miss Kaitlin's Choice PM Reduced Sodium Turkey Slices with Cucumber Wedges
24 AM Pepper Slices with Low Fat Ranch Dressing PM Tri Colored Pasta Spirals and Cherry Tomatoes	25 AM Nature Valley Yogurt Granola Bars® PM Danimals Smoothie Drinks	26 AM Thanksgiving Mix (Bugles, Rice Chex, Raisins, Candy Corn) PM Miss Kaitlin's Choice	27 THANKSGIVING FIRST LIGHT CLOSED	28 FIRST LIGHT 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.

