

# OCTOBER 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM Apple Slices and Low Fat Mozzarella String Cheese PM Whole Wheat Tortilla Roll Up	2 AM Sticks & Stones  PM Mini Bagels & Grapefruit Slices	3 AM Low Fat Strawberry Yogurt and Granola  PM Miss Kaitlin's Choice
	6 AM Yoplait GoGurt®  PM Whole Wheat Pita Bread with Reduced Sodium Deli Turkey Breast Slices	7 AM Yellow & Red Pepper Strips & Low Fat Ranch PM Alexandria's Sweet Potato Fries	8 AM Fresh Cantaloupe and Low Fat Cottage Cheese PM Apple Dippers with Peanut Butter	9 AM Nutri Grain® Bar  PM Apple & Oat Square Mix
13 AM Fresh Pineapple and Multigrain Cheerios PM Cucumber Slices and 2% Cheese Cubes	14 AM Whole Wheat Cinnamon Raisin Bread PM Clementine Oranges	15 AM Ham Rollers  PM Quaker® Oatmeal Squares	16 AM Provolone Cheese Slice on Whole Wheat Ritz Cracker PM Banana Boats	17 AM Low Fat Peach Yogurt  PM Miss Kaitlin's Choice
20 AM Whole Wheat Tortilla Chips & Salsa PM Reduced Fat Mozzarella Cheese Sticks & Green Grapes	21 AM Honeydew Melon Cubes and Rice Chex PM Peanut Butter and Honey Whole Wheat Sandwich	22 AM Apple Slices  PM Reduced Sodium Deli Roast Beef Slices on Multi Grain Cracker	23 AM Kiwi Slices and Vanilla Low Fat Yogurt PM Celery & Quaker Oatmeal to go Bars®	24 AM Whole Wheat Pita Bread with Reduced Sodium Ham Slices PM Miss Kaitlin's Choice
27 AM Greek Yogurt  PM Zucchini Matchsticks & Fat Free French Dressing	28 AM Fruit and Oats Snack Mix (dried fruit, whole wheat cheerios and raisins) PM Whole Wheat Toast w/ Low Fat Strawberry Preserves	29 AM Mini Rice Cakes & Dried Apricots  PM Tri-Colored Pasta with Parmesan Cheese	30 AM Fresh Pear Slices  PM Mini Wheat Bagels and Low Fat Cream Cheese	31 AM Clementine Pumpkins  PM Honey Nut Cheerios® and Yogurt Covered Raisins

## OCTOBER 2014 SHOPPING LIST\*

### GRAINS

Kellogg's® Nutri-Grain® Cereal Bars – Any Flavor  
Bakery - Whole Wheat Pita Bread  
Thomas ® Whole Grain Mini-Bagels  
Natures Pride® Whole Wheat Bread  
Mission® Small Whole Wheat Tortilla  
Nabisco® Ritz® Whole Wheat Crackers  
Quaker® Cinnamon Oatmeal Squares  
General Mills® Honey Nut® Cheerios  
General Mills® Cheerios  
Baked Tostitos® Scoops  
Sunmaid ® Raisin Bread  
Thomas ® Hearty Grains English Muffins  
Mini Rice Cakes – Any Flavor  
General Mills® Rice Chex  
General Mills® Corn Chex



### FRESH FRUITS

Fresh Braeburn, Jonagold or Fuji Apples  
Whole Kiwis  
Pears  
Blueberries  
Strawberries  
Bananas  
Green Grapes  
Crenshaw Melon  
Cherries  
Peaches  
Santa Clause melon  
Oranges  
Plums  
Avocado  
Watermelon  
Raisins  
Craisins



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### PROTEINS

Deli - Healthy Ones ® Beef  
Sargento ® Reduced Fat Colby Jack Cheese Sticks  
Yoplait ® Yogurt  
Kraft ® Shredded Cheddar Cheese  
Fat Free Philadelphia® Strawberry Cream Cheese  
Daisy® Low Fat Cottage Cheese  
Sargento® Reduced Low Fat Provolone Cheese Slice



### FRESH VEGETABLES

Carrots  
Celery  
Broccoli  
Yellow Peppers  
Cucumbers  
Asparagus  
Sugar Snap Peas



### EXTRAS

Kraft ® Fat Free French Dressing  
Hidden Valley ® Low Fat Ranch Dressing

### RECIPE SPECIFIC

Fruit and Oat Square Mix – Cheerios®, Dried Apples and Raisins

*\*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.*