

OCTOBER 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>World Smile Day</u> AM: Apple Smiles PM: Cinnamon Raisin Bread and Honeydew	2 AM: Pear Pinwheels PM: Miss Tina's Choice
5 AM: Peach Yogurt and Fresh Peach Slices PM: Fiber One Granola Bars	6 AM: Rice Cakes, Nutella and Dried apricots PM: Sweet Potato Fries	7 AM: Fresh Blackberries and Mango PM: Banana & Quaker Oatmeal Squares (Cheerios for age 1-2)	8 AM: Raspberries and Pears PM: Whole Wheat Bagels w/Low Fat Strawberry Cream Cheese	9 Hat Day AM: Nutella and Banana Burritos PM: Miss Tina's Choice
12 AM: Frozen Yogurt Covered Banana Bites PM: Whole Wheat Bagels with Peanut Butter	13 AM: Honey Nut Cheerios PM: Fish in a Stream	14 AM: Snap Peas and Colby Jack Cheese Sticks PM: Apple Slices and Peanut Butter	15 AM: Fresh Kiwi and Strawberry Slices PM: Quaker Quinoa Fruit and Nut Bars	16 AM: Fruit & Kix Snack Mix PM: Miss Tina's Choice
19 AM: Pepper Slices and Hummus PM: Toasted Whole Wheat English Muffin with Honey and Grapes	20 AM: Fresh Peach Slices PM : Deli sliced Turkey and 2% Cheddar Cheese Squares	21 AM: Pear Slices and Vanilla Greek Yogurt PM: Kellogg's® Blueberry Nutri Grain Bar	22 AM: Sliced Cantaloupe PM: Rice Chex and Green Grape Slices	23 AM: Apple Cheerios and Craisins PM: Miss Tina's Choice
26 AM: Papaya and Cheese Sticks PM: Raisin Bread and Cantaloupe	27 AM: Tropical Smoothie (with coconut milk) PM: Fresh Plum Slices and Slice of Whole Wheat Toast	28 AM: Popcorn Cauliflower PM: Whole Wheat English Muffins with Hummus and Deli Turkey Slices	29 AM: Baked Tostitos with Salsa (ages 1-2 Corn Chex and Avocado) PM: Cinnamon Raisin Bread and Honeydew	30 Zoo Animal Day AM: Apple Merry Go Rounds (Apple Slices, Peanut Butter & Animal Crackers) PM: Miss Tina's Choice

*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

