

# OCTOBER 2013 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM Apple Slices  PM Miss Tina's Choice	2 AM Fresh Pear Slices  PM Honey Nut Cheerios® and Yogurt Covered Raisins	3 AM Sticks & Stones  PM Blueberry Bread & Grapefruit Slices	4 AM Frozen Graham Cracker Sandwiches  PM Miss Ashleigh's Choice
7 AM Yoplait GoGurt® PM Whole Wheat Pita Bread with Reduced Sodium Deli Turkey Breast Slices	8 AM Yellow & Red Pepper Strips PM Mr. Shane's Choice	9 AM Fresh Cantaloupe PM Apple Dippers with Peanut Butter	10 AM Nutri Grain® Bar PM Apple & Oat Square Mix	11 AM Quaker® Oatmeal Squares PM Miss Misty's Choice
14 AM Fresh Pineapple PM Cucumber Slices and 2% Cheese Cubes	15 AM Tri-Colored Pasta with Parmesan Cheese PM Miss Ashley's Choice	16 AM Pomegranates PM Fruit Smoothies	17 AM Banana Slices PM Celery & Quaker Oatmeal to go Bars®	18 AM Low Fat Yogurt Peach PM Miss Holly's Choice
21 AM First Light Student Creation PM Reduced Fat Mozzarella Cheese Sticks & Green Grapes	22 AM Honeydew Melon Cubes PM Miss Jeannie's Choice	23 AM 2% Cheese Quesadillas PM Reduced Sodium Deli Roast Beef Slices on Multi Grain Cracker	24 AM Kiwi Slices PM Cauliflower Popcorn & Red Grape Slices	25 AM Edamame PM Miss Sage Choice
28 AM Dried Apricots PM Carrot and Zucchini Matchsticks & Fat Free French Dressing	29 AM Sugar Snap Peas PM Miss Yan's Choice	30 AM Mini Rice Cakes PM Pretzels and Craisins®	31 AM Orange Wedges PM Mini Wheat Bagels and Low Fat Cream Cheese	

\*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.

