


SEPTEMBER 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 AM: Celery and Hummus</p> <p>PM: Toasted Parmesan Pita Crisps and Grapes</p>	<p>2 AM: Orange Rounds and Carrot Sticks</p> <p>PM: Whole Wheat Bagels with Blueberry Cream Cheese</p>	<p>3 AM: Frozen Pineapple Chunks</p> <p>PM: Sticks and Stones</p>	<p>4 AM: 2% Cheddar Cheese Melted on a Tostada Shell</p> <p>PM: Miss Tina's Choice</p>
<p>7 HAPPY LABOR DAY</p> 	<p>8 AM: Frozen Bananas Dipped in Orange Juice</p> <p>PM: Alexia's Sweet Potato fries</p>	<p>9 <i>National Teddy Bear Day</i> AM: Tropical Smoothie (With Coconut Milk)</p> <p>PM: Build A Teddy Bear Rice Cake (Rice cake, Almond Butter, Banana, Craisins)</p>	<p>10 AM: Yellow Squash Wedges with Low Fat Ranch Dressing</p> <p>PM: Whole Wheat Tortillas with Nutella and Dried Apricots</p>	<p>11 AM: Apple Merry Go Rounds (Apple Slices, Peanut Butter & Animal Crackers)</p> <p>PM: Miss Tina's Choice</p>
<p>14 AM: Vanilla Yogurt with Mango</p> <p>PM: Quaker Quinoa Nut Medley Bars</p>	<p>15 AM: Baked Tostitos and Guacamole (Corn Chex & Avocado for 1-2 year olds)</p> <p>PM: Toasted Whole Wheat English Muffins with Honey and Strawberries</p>	<p>16 <i>National Play-Doh Day</i> AM: Cucumber Sticks & French Dressing</p> <p>PM: Make Your Own Edible Play-Doh, (Broccoli Slaw and Raisin "accessories")</p>	<p>17 AM: Fresh Snap Peas and Hummus for Dipping</p> <p>PM: Strawberry Nutri-grain Harvest Bars</p>	<p>18 AM: Green Apples and Almond Butter</p> <p>PM: Miss Tina's Choice</p>
<p>21 AM: Strawberries</p> <p>PM: Whole Wheat Bagels Pizza with Tomato and Melted 2% Cheddar Cheese</p>	<p>22 AM: Cauliflower Popcorn</p> <p>PM: Fruit & Kix Snack Mix</p>	<p>23 AM: Frozen Yogurt Dipped Kiwi and Honeydew</p> <p>PM: Make Your Ants on a Rock (Apples, Peanut Butter and Raisins)</p>	<p>24 AM: Papaya and Cheese Sticks</p> <p>PM: Fresh Broccoli And Reduced Fat French Dressing</p>	<p>25 AM: Multigrain Cheerios and Grapes</p> <p>PM: Miss Tina's Choice</p>
<p>28 AM: Honeydew</p> <p>PM: Fish in a Stream</p>	<p>29 AM: Fiber One Granola Bars</p> <p>PM: Sweet Potatoes with Apples and Cranberries</p>	<p>30 AM: Make your Tomato and Mozzarella Caterpillars</p> <p>PM: Whole Wheat Bagels with Peanut Butter and Plums</p>		

*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 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.

SEPTEMBER 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.*

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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





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Recipe Specific Ingredients

Sticks and Stones: Kix Cereal, Butter, Chow Mein Noodles, Peanut Butter, Honey, Raisins

German-Chocolate Fudge Bites: Pitted Dates, Vanilla, Salt, Coco Powder, Shredded Coconut, Raw Pecans

Edible Play-Doh: