


SEPTEMBER 2013 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed for Labor Day Have a Great Holiday!	3 AM: Air Pop Popcorn PM: Miss Yan's Choice	4 AM: Honey Glazed Snack Mix PM: Lady Bugs (Apple Halves , Raisins, & Peanut Butter)	5 AM: Purple Grape Slices PM: Turkey on Cucumber Rounds	6 AM: Pear Slices PM : Miss Ashley's Choice
9 AM: Cinnamon Raisin Granola PM: Pretzel Sticks and Clemintine Oranges	10 AM: Reduced Fat Whole Wheat Triscut's® PM: Mr. Shane's Choice	11 AM: Green Grapes PM: Fresh Snap Peas and Humus for Dipping	12 AM: Cantaloupe Slices PM: Roasted Chickpeas & Mandarins	13 AM: Nature Valley Strawberry & Vanilla Yogurt Granola Bars PM: Miss Tina's Choice
16 AM: Orange Slices PM: Toasted Whole Wheat English Muffin & Melted 2% Cheddar Cheese	17 AM: Peaches P.M: Miss Jessica's Choice	18 AM: Strawberries PM: Apple Merry Go Rounds (Apple Slices, Peanut Butter & Animal Crackers)	19 AM: Bananas PM: Yellow Squash Wedges with Low Fat Ranch Dressing & Mini Rice Cakes	20 AM: Kiwi Halves PM: Students Choice
23 AM: Blueberries PM: Pumpkin Bread & Milk	24 AM: Red Grapes PM: Miss Erin's Choice	25 AM: Multi GRain Cheerios® PM: Fruity Nachos & Carrot Sticks	26 AM : Red & Yellow Pepper Strips PM: Kiwi Slices and Low Fat Graham Crackers	27 AM: Mandarins PM: Miss Ashleigh's Choice
30 AM: Apples PM: Whole Wheat Toast & Low Fat Strawberry Jam				

*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.

SEPTEMBER 2013 SHOPPING LIST*

GRAINS

General Mills® Multi-Grain Cheerios
Rold Gold® Pretzel Sticks
Nature Valley® Yogurt Granola Bars
Nabisco®Graham Crackers
Mission® Corn Tortillas
Sara Lee® Whole Wheat Bread
Sara Lee® Blueberry Crumble Bread
Thomas® English Muffins
Stauffer's® Animal Crackers
Nabisco® Low Fat Triscuits
Quaker® Mini Rice Cakes



FRESH FRUITS

Peaches
Braeburn, Jonagold or Fuji Apples
Blueberries
Strawberries
Bananas
Green/Red Grapes
Oranges
Pears
Lime
Kiwi
Mandarin
Clemintine
Nectarines
Cantaloupe



PROTEINS

Deli - Healthy Ones ®Turkey Breast
Fat Free Philadelphia® Cream Cheese
Jif® Natural Peanut Butter



SEPTEMBER 2013 SHOPPING LIST*

Jolly Time® Air Pop Corn

FRESH VEGETABLES

Baby Carrots
Snap Peas
Yellow & Red Peppers
Cucumbers
Yellow Squash
Chickpeas
Libby's® Canned Pumpkin

EXTRAS

Hidden Valley® Low Fat Ranch Dressing
Great Value® Clover Honey
Sunmaid® Raisins
Hummus
Smuckers® Low Fat Strawberry Jam

RECIPE SPECIFIC

Lady Bugs: Apples, Raisins & Peanut Butter

Fruity Nachos: Corn Tortillas, Cream Cheese, Nectarine, Apple, & Strawberries, Lime

Apple Merry Go Rounds: Apples, Peanut Butter, & Animal Crackers

Cinnamon Raisin Granola: Oats, Coconut, Raisins, Honey, Oil, Cinnamon & Brown Sugar

Honey Glazed Snack Mix: Crispix, Pretzels, Pecans, & Honey

**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.

