


SEPTEMBER 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for Labor Day Have a Great Holiday!	2 AM Bananas & Quaker Oatmeal Squares PM Whole Wheat Toast with Grape Preserves	3 AM Ants on a Log PM Lady Bugs (Apple Halves , Raisins, & Peanut Butter)	4 AM Purple Grape Slices and Reduced Fat Whole Grain Triscuits PM Turkey on Cucumber Rounds	5 AM Vanilla Yogurt and Pear Slices PM Miss Kaitlin's Choice
8 AM Apple and Oat Square Mix (Cheerios, Raisins and Dried Fruit) PM Baked Whole Grain Tortilla Chips w/ Salsa	9 AM Banana & Peanut Butter Whole Wheat Wrap PM Clementine Oranges	10 AM Green Grapes & Cinnamon Raisin Bread PM Fresh Snap Peas and Humus for Dipping	11 AM Cantaloupe Slices & Cheddar Cheese Cubes PM Alexandra's Sweet Potato Fries	12 AM Nature Valley Strawberry & Vanilla Yogurt Granola Bars PM Miss Kaitlin's Choice
15 AM Orange Slices and Quaker Oatmeal To Go Bars® PM Toasted Whole Wheat English Muffin & Melted 2% Cheddar Cheese	16 AM Mini Bagel with Low Fat Strawberry Cream Cheese PM Red and Green Pepper Slices Low Fat Ranch Dressing	17 AM Fruit and Oats Snack Mix - (Dried Fruit, Cheerios and Raisins) PM Apple Merry Go Rounds (Apple Slices, Peanut Butter & Animal Crackers)	18 AM Bananas & Mini Rice Cakes PM Low Fat Cheese Sticks	19 AM Cinnamon Raisin Granola PM Miss Kaitlin's Choice
22 AM Yoplait GoGurt® PM Pita Bread w/ Low Fat Blueberry Cream Cheese	23 AM Strawberries & Multigrain Cheerios PM Celery Sticks & Deli Beef Slices	24 AM Vanilla Greek Yogurt with Granola PM Tri Colored Pasta with Parmesan Cheese	25 AM Apple Slices PM Kiwi Slices and Low Fat Graham Crackers	26 AM Mandarins and Rice Chex PM Miss Kaitlin's Choice
29 AM Low Fat 2% Cottage Cheese PM Whole Wheat Toast & Low Fat Strawberry Jam	30 AM Zuchini Slices and Low Fat French Dressing PM Yoplait Blackberry Yogurt			 <p style="text-align: center;">First Light CHILDREN'S CENTER</p>

SEPTEMBER 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



SEPTEMBER 2014 SHOPPING LIST*

Craisins

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.*