

APRIL 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 AM: Orange Slices PM: Cauliflower with Fat Free French Dressing and Reduced Fat Colby Cheese Stick	3 AM: Red Grape Slices PM: Miss Katie's Choice	4 AM: Honey Glazed Snack Mix PM: Apple Lady Bugs (Apple Halves, Raisins and Pretzel Sticks)	5 AM: Cinnamon and Honey Glazed Chickpeas PM: Turkey on Cucumber Rounds	6 AM: Morning Glory Creations PM: Miss Missi's Choice
9 AM: Cinnamon Raisin Granola PM: Low Fat 2% Cottage Cheese with Clementine Oranges	10 AM: Miss Ashley's Choice PM: Reduced Fat Whole Grain Triscuit's with Reduced Fat Swiss Cheese	11 AM: Harvest Peach Yoplait Yogurt PM: Fresh Snap Peas and Hummus for Dipping	12 AM: Strawberry/Vanilla Yogurt Granola Bars PM: Apple Merry Go Rounds (Apple Slices, Peanut Butter and Animal Crackers)	13 AM: Morning Glory Creations PM: Student's Choice
16 AM: Blueberries PM: Toasted Whole Wheat English Muffins & Melted 2% Cheddar Cheese	17 AM: Miss Tina's Choice PM: Fresh Cantaloupe & Pretzel Rods	18 AM: Strawberries PM: Cucumber Triangle Pita's with Low Fat Cream Cheese	19 AM: Yoplait Pomegranate Smoothie PM: Yellow Squash Wedges with Low Fat Ranch Dressing and Mini Rice Cakes	20 AM: Morning Glory Creations PM: Miss Ann's Choice
23 AM: Deli Fruit Salad PM: Zucchini Slices & Homemade Whole Wheat Bread	24 AM: Miss Sarah's Choice PM: Banana Slices and Honey Nut Cheerios	25 AM: Homemade Hiking Granola Bars* PM: 2% Cheddar Cheese Melted on a Whole Wheat Tortilla	26 AM: Whole Wheat Toast with Low Sugar Strawberry Preserves PM: Kiwi Slices & Low Fat Graham Crackers	27 AM: Morning Glory Creations PM: Mr. Michael's Choice
30 AM: Corn Chex Cereal PM: Yoplait Gogurt & Air-Pop Popcorn				

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.

http://healthychild.org/live-healthy/recipe-comments/homemade_hiking_granola_bars/



APRIL 2012 SHOPPING LIST*

Shopping List (14 Kids)

GRAINS

- Nature Valley® Strawberry & Vanilla Yogurt Granola Bars (14)
- Bakery Whole Wheat Pita Bread (1 Bag)
- Thomas® Hearty Grains English Muffins (1 Bag)
- Stauffer's® Animal Crackers (1 Bag)
- Field of Grains® Wheat Germ (12oz Jar)
- Quaker® Quick Oats (1 Canister)
- Corn Chex® (14oz Box)
- Mission® Small Whole Wheat Tortilla (1 Bag)

FRUITS

- Whole Kiwis (14)
- Fresh Braeburn, Jonagold or Fuji Apples (7)
- Fresh Blueberries (4 Pints)
- Fresh Strawberries (2 Quarts)
- Bananas (7 Medium)
- Red Grapes (1 Bag)
- Cantaloupe (1)
- Deli Fruit Salad (4 Pints)
- Ocean Spray® Craisins (10oz Bag)

PROTEINS

- Deli- Healthy Ones® Turkey (.5 lb)
- Sargento® Reduced Fat Colby Cheese Sticks (14)
- Yoplait® Yogurt Peach (5 - 6oz Containers)
- Yoplait® Pomegranate Smoothie (1 Bag from Freezer)
- Yoplait® Gogurt – Any Flavor (14)
- Low Fat 2% Cottage Cheese (16 oz Container)
- Sargento® Swiss Cheese (1 Package)
- Maranatha® Almond Butter (12 oz Jar)
- Chick Peas (1 Small Bag)



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VEGETABLES

Cauliflower (1 Large Head)
Cucumber (5 Medium)
Zucchini (5 Medium)
Yellow Zucchini Squash (5 Medium)
Sugar Snap Peas (3 Small Bags)



EXTRAS

Kraft® Fat Free French Dressing (1 Small Bottle)
Orville Redenbacher® Original Gourmet Popping Corn (1 Small Container)
Smucker's® Low Sugar Strawberry Preserves (1 Jar)
Great Value® Clover Honey (1 Small Container)

**If you cannot find ripe or good quality fruit/vegetables per your assignment, please substitute with another fruit/vegetable from the shopping list. Brand names are suggestions and can be found at Walmart® to simplify the shopping process, but nutritionally equivalent store brand alternatives are also acceptable.*