

# APRIL 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 AM: Reduced Fat Colby Cheese Stick PM: Fresh Cantaloupe	2 AM: Whole Wheat Toast with Low Sugar Strawberry Jam PM: Miss Yan's Choice	3 AM: Blueberry Bread PM: Almonds	4 AM: Peanut Butter and Bananas PM: Homemade Hiking Bars	5 AM: Dried Apricots PM: Miss Tina's Choice
8 AM: Baby Carrots PM: Pear Pin Wheels	9 AM: Red Grapes PM: Miss Sheri's Choice	10 AM: Apples with Low Fat Yogurt for Dipping PM: Cheese Quesadillas	11 AM: Strawberry Smoothie PM: Student Creations	12 AM: Oranges PM: Miss Holly's Choice
15 AM: Bananas PM: Zucchini With Fat Free Ranch Dressing & Cheddar Cheese Cubes	16 AM: Tri-Colored Pasta with Parmesan Cheese PM: Miss Ashleigh's Choice	17 AM: Strawberries PM: Apple and Oat Square Mix	18 AM: Blueberries PM: Cauliflower and Humus for Dipping	19 AM: Mandarins PM: Miss Marisela's Choice
22 AM: Green Grapes PM :Provolone Cheese Slice on Whole Wheat Ritz Cracker	23 AM: Kiwi Halves PM: Mr. Shane's Choice	24 AM: Pear Slices PM Blueberry Bagels with Low Fat Cream Cheese Spread	25 AM: Edamame PM: Student Creation	26 AM: Mango Slices PM: Miss Stacy's Choice
29 AM Snap Peas PM: Cucumber Spears and Fat Free French Dressing & Wheat Thins	30 AM: Apple Slices PM: Miss Katie's Choice			

\*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.