

# AUGUST 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM: Kellogg's® Nutri-Grain Bar  PM: **Wild Smoothie	2 AM: Fresh Blueberries  PM: Miss Tina's Choice	3 AM: Student Creations  PM: Celery & Carrots with Deli Beef Slices
6 AM: Fresh Asparagus & Low Fat Ranch Dressing  PM: Miss Ashley's Choice	7 AM: Fresh Plums PM: Pita Bread w/ Fat Free Philadelphia® Strawberry Cream Cheese	8 AM: Student Creations  PM: Bananas & Quaker® Oatmeal Squares	9 AM: Fresh Blackberries  PM: Fruit and Oat Snack Mix	10 AM: Green Grape Slices  PM: Strawberries & Reduced Fat Colby Jack Cheese Sticks
13 AM: Raisin Bread  PM: Veggie Flower & Whole Wheat Ritz® Cracker	14 AM: Low Fat Cottage Cheese & Pineapple  PM: Miss Katie's Choice	15 AM: Student Creations  PM: Avocados w/ Whole Wheat Tortilla	16 AM: Pear Slices  PM: Miss Kristin's Choice	17 AM: Yoplait® Blackberry Yogurt  PM: Tooty Fruity Salad and Pretzel Rods
20 AM: Watermelon Cubes  PM: English Muffin Pizza's with Pepper Slices	21 AM: Fresh Peaches  PM: Miss Jessica's Choice	22 AM: Student Creations  PM: ***Fresh Fruit with Maple Yogurt Fruit Dip	23 AM: Honey Nut Cheerios®  PM: Miss Lesley's Choice	24 AM: Kiwi  PM: Mini Bagels and Broccoli with Fat Free French Dressing
27 AM: Cantaloupe Pieces  PM: Toasted Whole Wheat Bread & Reduced Fat Provolone Cheese	28 AM: Whole Wheat Zucchini Bread  PM: Miss Ann's Choice	29 AM: Student Creations  PM: Sugar Snap Peas and Mini Rice Cakes	30 AM: Fresh Raspberries  PM: Baked Whole Grain Tortilla chips w/ cheddar Cheese and Salsa	31 AM: Morning Glory Creations PM: ****Homemade Hiking Bars

\*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.

\*\*[http://healthychild.org/live-healthy/recipe-comments/wild\\_smoothie/](http://healthychild.org/live-healthy/recipe-comments/wild_smoothie/)

\*\*\*[http://healthychild.org/live-healthy/recipe-comments/maple\\_yogurt\\_fruit\\_dip/](http://healthychild.org/live-healthy/recipe-comments/maple_yogurt_fruit_dip/)

\*\*\*\*[http://healthychild.org/live-healthy/recipe-comments/homemade\\_hiking\\_granola\\_bars/](http://healthychild.org/live-healthy/recipe-comments/homemade_hiking_granola_bars/)

## AUGUST 2012 SHOPPING LIST\*

### Shopping

#### **GRAINS**

Kellogg's® Nutri-Grain® Cereal Bars – Any Flavor  
Bakery - Whole Wheat Pita Bread  
Thomas ® Whole Grain Mini-Bagels  
Natures Pride® Whole Wheat Bread  
Quaker® Quick Oats  
Mission® Small Whole Wheat Tortilla  
Nabisco® Ritz® Whole Wheat Crackers  
Quaker® Cinnamon Oatmeal Squares  
General Mills® Honey Nut® Cheerios  
Baked Tostitos® Scoops  
Rold Gold® Pretzel Rods  
Sunmaid ® Raisin Bread  
Thomas ® Hearty Grains English Muffins  
Mini Rice Cakes – Any Flavor

#### **FRESH FRUITS**

Fresh Braeburn, Jonagold or Fuji Apples  
Whole Kiwis  
Pears  
Blueberries  
Strawberries  
Bananas  
Green Grapes  
Blackberries  
Pineapple  
Peaches  
Tangerines  
Oranges  
Plums  
Avocado  
Watermelon



## AUGUST 2012 SHOPPING LIST\*

Raisins

### PROTEINS

Deli - Healthy Ones ® Beef  
Sargento ® Reduced Fat Colby Jack Cheese Sticks  
Yoplait ® Yogurt Blackberry  
Kraft ® Shredded Cheddar Cheese  
Fat Free Philadelphia® Strawberry Cream Cheese  
Daisy® Low Fat Cottage Cheese  
Sargento® Reduced Low Fat Provolone Cheese Slice  
Dannon ® Greek Plain Yogurt  
Maranatha® Almond Butter (12 oz Jar)

### FRESH VEGETABLES

Carrots  
Celery  
Broccoli  
Yellow Peppers  
Cucumbers  
Asparagus  
Sugar Snap Peas

### EXTRAS

Old El Paso® Mild Salsa  
Kraft ® Fat Free French Dressing  
Hidden Valley ® Low Fat Ranch Dressing

### RECIPE SPECIFIC

Maple Yogurt Fruit Dip – Plain Yogurt, Maple Syrup and Vanilla Extract  
Wild Smoothie – Blueberries, Strawberries, Almond Milk, Spinach, Maple Syrup, Protein Powder, Ice, Cinnamon and Flaxseed  
Fruit and Oat Square Mix – Cheerios®, Dried Apples and Raisins  
Tooty Fruit Salad – Bananas, Strawberries, Apples, Grapes & Pineapple Chunks with Orange Juice  
Homemade Hiking Granola Bars – Whole Grain Oats, Sunflower Seeds, Dried Cranberries, Salt, Almond Butter, Honey and Brown Sugar.

*\*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.*

