


AUGUST 2013 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 Catering <i>for a Cause</i>			1 AM: Kellogg's® Nutri-Grain Bar PM: Fruit Smoothie	2 AM: Fresh Blueberries PM : Miss Yan's Choice
5 AM: Strawberries PM: Celery & Carrots with Deli Beef Slices	6 AM: Fresh Plums PM: Pita Bread w/Fat Free Philadelphia® Strawberry Cream Cheese	7 AM: Green Grapes PM: Bananas & Quaker® Oatmeal Squares	8 AM: Fresh Cherries PM: Fruit & Oat Snack Mix	9 AM: Fresh Asparagus & Low Fat Ranch Dressing PM: Miss Tina's Choice
12 AM: Orange Slices PM: Strawberries & Reduced Fat Mozzarella Cheese Sticks	13 AM: Low Fat Cottage Cheese P.M: Miss Jessica's Choice	14 AM: Raisin Bread PM: Whole Wheat Tortilla W/ Avocados	15 AM: Pear Slices PM: Santa Claus Melon & Quick & Crunchy Trail Mix	16 AM: Celery Canoes PM: Students Choice
19 AM: Watermelon Cubes PM: English Muffin Pizza's W/ Pepper Slices	20 AM: Fresh Peaches PM: Mr. Shane's Choice	21 AM: Honey Nut Cheerios® PM: Veggie Flower & Whole Wheat Ritz® Cracker	22 AM : Yoplait® Blackberry Yogurt PM: Awesome Snack Bars	23 AM: Mango Slices PM: Miss Ashley's Choice
26 AM: Cantaloupe Pieces PM: Toasted Whole Wheat Bread & Reduced fat Provolone Cheese	27 AM: Bananas PM: Mr. Willy's Choice	28 AM: Apple Slices PM: Sugar Snap Peas & Mini Rice Cakes	29 AM: Crenshaw Melon PM: Baked Whole Grain Tortilla Chips w/Salsa & Cheese	30 AM: Kiwi Halves PM: Miss Erin'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.

AUGUST 2013 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
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
Rold Gold® Pretzel Twist

FRESH FRUITS

Fresh Braeburn, Jonagold or Fuji Apples
Whole Kiwis
Pears
Blueberries
Strawberries
Bananas
Green Grapes
Crenshaw Melon
Cherries
Peaches
Santa Clause melon
Oranges



AUGUST 2013 SHOPPING LIST*

Plums
Avocado
Watermelon
Raisins
Craisins

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

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

Fruit and Oat Square Mix – Cheerios®, Dried Apples and Raisins

Awesome Snack Bars -Cheerios®, Rice Chex, Corn Chex, Pretzel Twist, Craisins

**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.*

