

DECEMBER 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 AM: Fiber One Granola Bar PM: Lady Bug Apples	4 AM: Cinnamon Raisin Bread PM: Miss Tina's Choice	5 AM: Green Grapes PM: Honey Nut Cheerios and Bananas	6 AM: Broccoli Florets PM: Miss Darcie's Choice	7 AM: Low Fat Fruit Yogurt PM: Rice Cakes and Almonds
10 AM: Clementine Oranges PM: Pita Pockets with Flavored Cream Cheese	11 AM: Reduced Fat String Cheese PM: Miss Katie's Choice	12 AM: Oatmeal Square Cereal PM: Reduced Fat Graham Crackers and Banana Slices	13 AM: Cauliflower and Fat Free French Dressing PM: Miss Yan's Choice	14 AM: Cucumber Wedges PM: Roast Beef Slices and Triscuits®
17 AM: Whole Grain Club Cracker PM: Cottage Cheese and Mandarin Oranges	18 AM: Yellow/Red Peppers PM: Miss Ashleigh's Choice	19 AM: Sugar Snap Peas PM: Whole Wheat Tortilla and Turkey Roll-Up	20 AM: Banana's PM: Miss Holly's Choice	21 AM: Kiwi Fruit PM: Baked Tostitos® and Cheddar Cheese
24 CHRISTMAS EVE CENTER CLOSED	25 MERRY CHRISTMAS! CENTER CLOSED	26 AM: Celery and Fat Free Ranch PM: Pears and Pretzel Sticks	27 AM: Pecan Halves PM: Mr. Shane's Choice	28 AM: Apple Slices PM: Ants on a Log
31 AM: Red Grapes PM: Cucumber Rounds and Cream Cheese				

*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.