

FEBRUARY 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM: Apple Juice and Nutri-Grain Cereal Bar PM: Carrot Sticks and String Cheese	2 AM: Milk and Cinnamon Raisin Bread PM: Miss Tina's Choice	3 AM: Cottage Cheese and Mandarin Oranges PM: Pretzels and Apple Slices
6 AM: Bananas and Graham Crackers PM: Cinnamon Raisin Bread and Kiwi	7 AM: 100% Mixed Berry Juice, Wh/Wheat Mini Bagels w/ Cr. Cheese PM: Miss Angela's Choice	8 AM: Apple Merry Go Rounds PM: Clementines and Nutri-Grain Cereal Bar	9 AM: Miss Sarah's Choice PM: Bran Muffin and Clementine Oranges	10 AM: Apple Slices and Graham Crackers PM: Fresh Broccoli with Ranch Dip and Apple Slices
13 AM: Blueberries and Honey Nut Cheerios PM: Deli Turkey Breast and Multi-Grain Club Crackers	14 AM: Bananas and Cinnamon Raisin Bread PM: Miss Missi's Choice	15 AM: Nutri-Grain Cereal Bar and Oranges PM: Dried Apricots and Rice Cakes	16 AM: Miss Ann's Choice PM: Low Fat Fruit Yogurt and Whole Wheat Mini Bagel	17 AM: Low Fat Fruit Yogurt and Honey Nut Cheerios PM: Banana Bread and Strawberries
20 AM: Mandarin Oranges, Wh/Wheat Club Cracker PM: Bran Muffin and Sliced Grapes	21 AM: 100% Mixed Berry Juice, Wh/Wheat Mini Bagels w/ Cr. Cheese PM: Mr. Michael's Choice	22 AM: Cottage Cheese and Pineapple Tidbits in 100% Juice PM: Banana Bread and Apple Slices	23 AM: Strawberries and Multi-Grain Club Crackers PM: Miss Katie's Choice	24 AM: Low Fat Fruit Yogurt and Rice Cakes PM: Wh/Wheat Tortilla and Turkey Roll-Up and Craisins
27 AM: Dried Apricots and Graham Crackers PM: Baked Tostitos and Cheddar Cheese Sticks	28 AM: Milk and Cinnamon Raisin Bread PM: Miss Tina's Choice	29 AM: Oatmeal Cereal Squares and Pineapple Chunks in 100% Juice PM: Blueberry Muffin and Milk		

All snacks served with water unless otherwise noted.

Parent Notes: Please drop off snack on or before the morning of your assigned days. Failure to bring snacks according to the schedule will result in a \$15 charge per incident. First Light supplies snacks on Fridays unless there is a parent-sponsored birthday party scheduled during one of the snack times.



February 2012 SHOPPING LIST*

Whole Kiwi – (7 soft/ripe)
 Prepackaged Carrot Sticks or Baby Carrots (1 lb bag)
 Fresh Blueberries (1 1/2 pints)
 Fresh Raspberries (1 1/2 pints)
 Bananas – 7 small bananas or 4 large bananas
 Deli-prepared Fruit Salad – watermelon, cantaloupe and honeydew melon (3 cups or 1 1/2 pints)
 Dole® Crushed Pineapple in 100% Juice, No Sugar Added (20oz can)
 Fresh Strawberries (1 1/2 pints)
 Red or Green Seedless Grapes (1 medium/large package)
 Clementines (7)
 Broccoli (2 heads)
 Sun-Maid Dried Apricots (2, 7oz packages)



Nabisco® Honey Maid Lowfat Graham Crackers (14.4oz box)
 Pepperidge Farms Swirl Bread – 100% Whole Wheat Cinnamon with Raisins (1 loaf)
 Kellogg's® Nutri-Grain® Cereal Bars – any flavor (8-count box)
 Quaker® Oatmeal Squares Cereal – any flavor (1 box)
 Mission® Multi-Grain Soft Taco Flour Tortilla (8-count package)
 Thomas'® 100% Whole Wheat Mini Bagels (1 bag)
 Quaker® Rice Cakes – any flavor (1 package)
 Baked! Tostitos® Scoops!® Tortilla Chips (1 bag)
 General Mills® Honey Nut Cheerios® (1 box)
 Nabisco® Triscuit® Reduced Fat (8oz box)



Yoplait Gogurt® - any flavor (8-count box)
 Dannon® Danimals® Drinkable Yogurt Low Fat – any flavor (2, 6-count packages)
 Reduced fat/Low fat/Made from skim milk Cottage Cheese (16 oz)
 Butterball® Oven Roasted Lower Sodium Turkey Breast Deli Meat (1 lb sliced)
 2% milk Cheese Cubes - any flavor (1 bag)
 Light/Low fat/2% milk String Cheese or Cheese Stick - any flavor (12-count package)



Neufchatel/Reduced fat Cream Cheese (8 oz)
 Old El Paso® Mild Thick n Chunky Salsa (1 jar)
 Hidden Valley® Ranch Dressing, Light Original (6-count single cups)



**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 to simplify the shopping process, but nutritionally equivalent store brand alternatives are also acceptable.*