

# FEBRUARY 2013 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM Wheat Bagels PM Miss Ashleigh's Choice
4 AM Reduced Fat Cheddar Cheese Sticks PM Carrot Sticks & Low Fat Ranch Dip	5 AM Banana Bread PM Mr Shane's Choice	6 AM Walnuts PM Bananas & Peanut Butter	7 AM Craisins® PM Cinnamon Raisin Granola	8 AM Graham Crackers PM Miss Marisela's Choice
11 AM Red Grapes PM Whole Wheat Toast & Low Fat Grape Jelly	12 AM Rice Krispie® Cereal & Milk PM Miss Sheri's Choice	13 AM Low Fat Peach Yogurt PM Tortilla Chips and Salsa	14 AM Pumpkin Wheat Bread PM Multi Grain Cheerios® and Dried Apricots	15 AM Oranges PM Miss Holly's Choice
18 AM First Light Parent Addition: Pear Pinwheels PM Broccoli & Reduced Fat French Dressing	19 AM Homemade Hiking Granola Bars PM Miss Ashleigh Choice	20 AM Grapefruit Sections PM Whole Wheat Tortilla Roll Up with Low Fat Strawberry Cream Cheese	21 AM Kiwi Slices PM Provolone Cheese Slices & Whole Wheat Club Crackers	22 AM Blueberries PM Miss Jessica's Choice
25 AM Pretzels PM Low Fat Cottage Cheese & Mandarin Oranges	26 AM Green Grapes PM Miss Yan's Choice	27 AM First Light Parent Addition: Apple Bagels PM Cinnamon Raisin Bread and Clementines	28 AM Mango Slices PM Cherry Tomatoes & Monterey Jack Cheese Slices	

\*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.