

JANUARY 2013 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HAPPY NEW YEAR! CENTER CLOSED	2 AM Mini Rice Cakes PM Almonds and Craisins®	3 AM Quaker® Oatmeal Squares PM Peanut Butter Wraps	4 AM Dried Apricots PM Miss Tina's Choice
7 AM Pistachio Nuts PM Whole Wheat Pita Bread with Reduced Sodium Deli Turkey Breast Slices	8 AM Yellow & Red Pepper Strips PM Mr Shane's Choice	9 AM Fresh Cantaloupe PM Apple Dippers with Peanut Butter	10 AM NutriGrain® Bar PM Raspberry Crumble Muffins and Milk	11 AM Orange Wedges PM Miss Marisela's Choice
14 AM Air Pop Popcorn PM Cucumber Slices and 2% Cheese Cubes	15 AM Tri-Colored Pasta with Parmesan Cheese PM Miss Ashleigh's Choice	16 AM Fruit Smoothies PM Pineapple and 2% Cottage Cheese	17 AM Pecan Halves PM Mini-Wheat Bagels with Fat Free Cream Cheese	18 AM Low Fat Yogurt PM Miss Holly's Choice
21 AM Cucumber Slices and Ranch Dip PM Reduced Fat Mozzarella Cheese Sticks & Green Grapes	22 AM First Light Student Creation PM Miss Darcie's Choice	23 AM 2% Cheese Quesadillas PM Reduced Sodium Deli Roast Beef Slices on Multi Grain Cracker	24 AM Kiwi Slices PM Cauliflower Popcorn & Red Grape Slices	25 AM Edamame PM Miss Gini's Choice
28 AM Sticks and Stones PM Carrot and Zucchini Matchsticks and Hummus	29 AM Sugar Snap Peas PM Miss Yan's Choice	30 AM Jicama Sticks PM Blueberry Bread & Grapefruit Slices	31 AM Fresh Pear Slices PM Multi-Grain Cheerios® and Bananas	

*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.

JANUARY 2013 SHOPPING LIST*

Shopping

GRAINS

General Mills® Multi-Grain Cheerios
 General Mills® Kix Cereal
 Quaker® Oatmeal Squares
 Rold Gold® Reduced Salt Pretzel Sticks
 Quaker® Mini Rice Cakes
 Meuller's® Tri-Colored Rotini Pasta
 Keebler® Multi-Grain Club Crackers
 LA CHOY® Chow Mein Noodles
 Sara Lee® Blueberry Crumble Bread
 Sara Lee® Whole Wheat Mini Bagels
 Kangaroo® Whole Wheat Pita Bread
 NutriGrain® Bars – Any



FRESH FRUITS

Apples	Cantaloupe
Grapefruit	Pears
Bananas	Kiwi
Green Grapes	Red Grapes
Oranges	Pineapple



PROTEINS

Deli - Healthy Ones ® Reduced Sodium Turkey Breast
 Deli - Healthy Ones ® Reduced Sodium Roast Beef
 Sargento ® Reduced Fat Mozzarella Cheese Sticks
 Yogurt Sticks/Low Fat Yogurt
 Fat Free Philadelphia® Cream Cheese
 Orchard Valley® Pecan Halves
 Jif® Natural Peanut Butter
 Pistachio Nuts



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Diamond® Sliced Almonds
2% Cheese Cubes
2% Cottage Cheese
Fresh Grated Parmesan Cheese
Edamame (Freezer Section)
Hummus

FRESH VEGETABLES

Carrots	Celery
Broccoli	Yellow & Red Peppers
Cauliflower	Cucumbers
Snap Peas	Jicama
Zucchini	

EXTRAS

Great Value® Clover Honey
Viva® Skim Milk
Ocean Spray® Craisins
Sunmaid® Raisins
Fat Free Ranch Dip
Popping Corn Kernals

RECIPE SPECIFIC

Sticks & Stones: Kix Cereal, Chow Mein Noodles, Peanut Butter, Honey, Raisins
Cauliflower Popcorn: Cauliflower, Olive Oil, Salt

**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.*

