


# JULY 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 AM: Fresh Blueberries  PM: Plain Greek Yogurt W/Honey & Granola	3 AM: Watermelon Slices  PM: Miss Shannon's Choice	4 Closed for 4 <sup>th</sup> of July  God Bless America!	5 AM: Student Creations  PM: Graham Crackers & Milk	6 AM: Miss Ashley's Choice PM Apple Merry Go Rounds (Apple Slices, Peanut Butter, Animal Crackers)
9 AM: Banana-Pear Caterpillars  PM: Star Fruit & Raisin Bread	10 AM: Miss Tina's Choice  PM: Buddy Fruits & Multi-Grain Cheerios	11 AM: Raw Walnuts  PM: Tangerine Segments & Cranberry Nut Bread	12 AM: Student Creations  PM: Deli Roast Beef & Fresh Snap Peas	13 AM: Fresh Cherries (Sliced and Pitted)  PM: Miss Tina's Choice
16 AM: Fresh Coconut  PM: Apricots and Rice Cakes	17 AM: Fresh Peaches  PM: Miss Candice's Choice	18 AM: Scooter Snacks  PM: Orange Slices & Hard Boiled Eggs	19 AM: Student Creations  PM: Yoplait GoGurt® & Air Pop Popcorn	20 AM: Baby Carrots W/Fat Free Ranch Dressing  PM: Students Choice
23 AM: Fresh Apple Slices  PM: Fresh Cantaloupe & Low Fat Colby Cheese Sticks	24 AM: Fresh Kiwi Slices  PM: Miss Ashley's Choice	25 AM: Fresh Raspberries  PM: Corn Tortillas W/ Melted 2% Cheese & Fresh Tomatoes	26 AM: Student Creations  PM: Sliced Red Grapes & Quaker Oatmeal To Go Bars®	27 AM: Fresh Nectarine Slices  PM: Miss Katie's Choice
30 AM: Fresh Plum Slices  PM: Fresh Cucumber Chips On Whole Wheat Pita Bread W/Low Fat Cream Cheese	31 AM: Fresh Pineapple  PM: Miss Kristen's Choice			 <p><b>Catering</b> for a Cause</p>

\*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.

## JULY 2012 SHOPPING LIST\*

### Shopping

#### GRAINS

General Mills® Multi-Grain Cheerios

Mission® Corn Tortillas

Kangaroo® Whole Wheat Pita Bread

Sun Maid® Raisin Bread

Stauffer's® Animal Crackers

Nabisco® Honey Maid Graham Crackers

Quaker® Oatmeal To Go Bars

Orville Redenbacher® Popcorn

Granola

Quaker® Rice Cakes – Full Size

#### FRESH FRUITS

Tangerines and Oranges

Braeburn, Jonagold or Fuji Apples

Blueberries

Bananas

Red Grapes

Cherries

Peaches

Pears

Cantaloupe

Nectarines

Plums

Coconut

Watermelon

Star Fruit

Apricots

Raspberries

Pineapple

Kiwi

Tomatoes and Cherry Tomatoes



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### PROTEINS

Deli - Healthy Ones® Roast Beef  
Sargento® Reduced Fat Mozzarella Cheese Sticks  
Sargento® Reduced Fat Colby Cheese Sticks  
Dannon® Greek Plain Yogurt  
Jif® Natural Peanut Butter  
Orchard Valley® Walnuts  
Kraft® Mild Shredded Cheddar Cheese  
Farmer's Market® Large Eggs  
Dannon® Gogurt Any Flavor  
Kraft® Low Fat Cream Cheese



### FRESH VEGETABLES

Baby Carrots  
Snap Peas  
Cucumbers  
Zucchini



### EXTRAS

Hidden Valley® Low Fat Ranch Dressing  
Great Value® Clover Honey  
Viva® Skim Milk  
Buddy Fruits® Pure Fruit Bites (Available in Produce Section)



### RECIPE SPECIFIC

**Merry Go Rounds** Apple Slices, Peanut Butter, Animal Crackers  
**Scooter Snacks** Cherry Tomatoes, Zucchini, Pretzels, Cream Cheese

<http://www.tasteofhome.com/Recipes/Scooter-Snacks>

*\*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.*