

JUNE 2012 SNACK MENU

+Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM: Student Creations PM: Miss Ashley's Choice
4 AM: Sticks and Stones PM: Multi-Grain Cheerios® and Yogurt Covered Raisins	5 AM: Pecan Halves PM: Miss Ashley's Choice	6 AM: Fresh Pear Slices PM: Peach Yogurt Cooler and Mini Carmel Rice Cakes	7 AM: Student Creations PM: Ants on a Log	8 AM: Jicama Sticks PM: Miss Katie's Choice
11 AM: Apple Slices PM: Fruity Nachos and Carrot Sticks	12 AM: Miss Tina's Choice PM: Fresh Yellow & Red Pepper Strips & Toasted Whole Wheat Pita Bread w/2% Cheese	13 AM: Fresh Broccoli and Reduced Fat French Dressing PM: Reduced Fat Mozzarella Cheese Sticks & Green Grapes	14 AM: Student Creations PM: Eggo® Nutri-Grain Honey Oat Waffle & Milk	15 AM: Fresh Cantaloupe PM: Students Choice
18 AM: Fresh Strawberries PM: Deli Turkey Breast Slices & Multi Grain Cracker	19 AM: Fresh Raspberries PM: Miss Katie's Choice	20 AM: Frozen Bananas Dipped in Orange Juice PM: Blueberry Bread & Grapefruit Slices	21 AM: Student Creations PM: Pumpkin Seed Trail Mix & Orange Slices	22 AM: Honeydew Melon Cubes PM: Miss Katie's Choice
25 AM: Fresh Blueberries PM: Mini Wheat Bagels w/Low Fat Cream Cheese & Cucumber Rounds	26 AM: Miss Ann's Choice PM: Tri-Colored Pasta & Turnip Slices with Low Fat Ranch Dressing	27 AM: Fresh Blackberries PM: Cauliflower Popcorn & Red Grape Slices	28 AM: Student Creations PM: Cocoa Bananas & Pretzel Sticks	29 AM: Kiwi Slices PM: Miss Tina's Choice

*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 snacks served with water unless noted.

JUNE 2012 SHOPPING LIST*

Shopping

GRAINS

Kellogg's® Eggo Nutri-Grain Honey Oat Waffle
General Mills® Multi-Grain Cheerios
General Mills® Kix Cereal
Rold Gold® Pretzel Sticks
Quaker® Mini Carmel Rice Cakes
Meuller's® Tri-Colored Rotini Pasta
Keebler® Multi-Grain Club Crackers
Mission® Corn Tortillas
LA CHOY® Chow Mein Noodles
Sara Lee® Blueberry Crumble Bread
Sara Lee® Whole Wheat Mini Bagels
Kangaroo® Whole Wheat Pita Bread



FRESH FRUITS

Grapefruit
Braeburn, Jonagold or Fuji Apples
Blueberries
Strawberries
Bananas
Green/Red Grapes
Blackberries
Peaches
Oranges
Pears
Cantaloupe
Honeydew Melon
Raspberries
Nectarines
Lime
Kiwi



JUNE 2012 SHOPPING LIST*

PROTEINS

Deli - Healthy Ones ® Turkey Breast
Sargento ® Reduced Fat Mozzarella Cheese Sticks
Yoplait ® Light Yogurt Peach
Fat Free Philadelphia® Cream Cheese
David® Pumpkin Seeds
Orchard Valley® Pecan Halves
Jif® Natural Peanut Butter
Orchard Valley® Walnuts
Diamond® Sliced Almonds
Great Value® Cashews Halves & Pieces
Kraft® Mild Shredded Cheddar Cheese



FRESH VEGETABLES

Baby Carrots
Celery
Broccoli
Yellow & Red Peppers
Cauliflower
Cucumbers
Turnips
Jicama



EXTRAS

Kraft ® Fat Free French Dressing
Hidden Valley ® Low Fat Ranch Dressing
Great Value® Clover Honey
Viva® Skim Milk
Hershey's® Baking Cocoa



JUNE 2012 SHOPPING LIST*

Mariani® Yogurt Covered Raisins
Ocean Spray® Craisins
Great Value® Banana Chips
Baker's® Shredded Coconut
Sunmaid® Raisins



RECIPE SPECIFIC

Sticks & Stones: Kix Cereal, Chow Mein Noodles, Peanut Butter, Honey, Raisins

Cocoa Nut Bananas: Cocoa Powder, Coconut, Bananas

Pumpkin Seed Trail Mix: Almonds, Craisins, Walnuts, Pumpkin Seeds, Raisins, Banana Chips

Fruity Nachos: Corn Tortillas, Cream Cheese, Nectarine, Apple, & Strawberries, Lime

Cauliflower Popcorn: Cauliflower, Olive Oil, Salt

Peachy Yogurt Cooler: Skim Milk, Peach Yogurt, Peach

**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.*