

MARCH 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM: Frozen Bananas Dipped in Orange Juice PM: Hummus & Whole Wheat Pita Bread	2 AM: Morning Glory Creations PM: Miss Katie's Choice
5 AM: Wheat Mini Bagels PM: Cherry Tomatoes and Tri-Colored Pasta Spirals	6 AM: Miss Ashley's Choice PM: Raspberries & 2% Colby cheese sticks	7 AM: Whole Wheat Cinnamon Raisin Bread PM: Orange slices & Hard Boiled Egg	8 AM: Raw Walnut Halves PM: Yellow Mini Tomatoes & Buttered Pop Corn Rice Cakes	9 AM: Morning Glory Creations PM: Student's Choice
12 AM: Kiwi Slices PM: Ants on a Log	13 AM: Miss Tina's Choice PM: Whole Wheat Flour Tortillas with Melted 2% Cheese	14 AM: Blueberry-Maple Muffin PM: Fresh Sugar Snap Peas & Lowfat Blackberry Yogurt	15 AM: Craisins PM: Whole Wheat Pita Bread with Low Fat Cream Cheese	16 AM: Morning Glory Creations PM: Miss Ann's Choice
19 AM: Apple Cinnamon Nutri-Grain Cereal Bar PM: Red/Yellow Pepper Strips & Low Sodium Deli Roast Beef	20 AM: Miss Sarah's Choice PM: Pecan Halves with Clementine Segments	21 AM: Yoplait Vanilla Yogurt PM: Deli Sliced Turkey and 2% String Cheese	22 AM: English Muffins PM: Broccoli and Low Fat Ranch Dip with Triscuits	23 AM: Morning Glory Creations PM: Mr. Michael's Choice
26 AM: Apple Slices PM: Carmel Rice Cakes & Tangerines	27 AM: Miss Missi's Choice PM: Buddy Fruits & Multi Grain Cheerios	28 AM: Whole Wheat Mini Bagels PM: Plain Lowfat Yogurt with Honey and Fresh Blueberries	29 AM: Fresh Pear Slices PM: Cucumber Spears and Unsalted Almonds	30 AM: Morning Glory Creations PM: Miss Katie's Choice

*All fruits and vegetables are fresh. Any grain will 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 will be low fat or fat free. All snacks served with water unless otherwise noted.

MARCH 2012 SHOPPING LIST*

Shopping List (14 Kids)

GRAINS

- General Mills ® Multi-Grain Cheerios (1 Small Box)
- Nabisco ® Reduced Fat Whole Grain Triscuits (1 Small Box)
- Sara Lee ® Whole Grain Mini Bagels (1 Bag)
- Kellogg's ® Nutri-Grain Cereal Bars (14)
- Bakery Whole Wheat Pita Bread (1 Bag)
- Sara Lee ® Blueberry Crumble Bread (1 Loaf)
- Sun Maid ® Raisin Bread (1 Loaf)
- Mission ® Small Whole Wheat Tortilla (1 Bag)
- Quaker ® Large Carmel Rice Cakes (1 Bag)
- Meuller's Tri-Colored Rotini Pasta (1 Box)
- Thomas Hearty Grains English Muffins (1 Bag)

FRUITS

- Whole Kiwis (14)
- Fresh Pink Lady Apples (7)
- Fresh Braeburn Apples (7)
- Fresh Jonagold Apples (7)
- Fresh Fuji Apples (7)
- Fresh Blueberries (4 Pints)
- Fresh Raspberries (6 6oz Containers)
- Bananas (7 Medium)
- Oranges (7)
- Clementine's/Tangerine's (14)
- Dried Apricots (2 6oz Bags)
- Ocean Spray ® Craisins (4 10oz Bags)
- Sunmaid ® Raisins (1 10oz Container)
- Fresh Pears (10)

VEGETABLES

- Cherry Tomatoes (4 Pints)
- Yellow Tomatoes (4 Pints)



MARCH 2012 SHOPPING LIST*

Broccoli (3 Heads)
Cucumber (5 Medium)
Baby Carrots (2 Small Bags)
Red Grapes (1 Bag)
Green Grapes (1 Bag)
Red, Orange or Yellow Peppers (7)
Sugar Snap Peas (3 Small Bags)
Celery (3 Stalks)



PROTEINS

Deli – Sabry® Hummus (2 Jars)
Hard Boiled Eggs – Large (1 Dozen)
Orchard Valley® Shelled Raw Walnut Halves (1 11.5oz Bag)
Orchard Valley® Raw Pecan Halves (1 11.5oz Bag)
Orchard Valley® Raw Unsalted Almonds (1 16oz Bag)
Deli- Healthy Ones® Low Sodium Roast Beef (.5 lb)
Deli- Healthy Ones® Turkey (.5 lb)
Sargento® Reduced Fat String Cheese Sticks (14)
Sargento® Reduced Fat Colby Cheese Sticks (14)
Yoplait® Lowfat Yogurt Any Flavor & Plain (5 6oz Containers)
Kraft® Reduced Fat Cream Cheese (2 8oz Boxes)
Jif® Natural Peanut Butter (1 Small Jar)



EXTRAS

Buddy Fruits® – Pure Fruit Bites (Produce) (14 Pouches)
Great Value® Clover Honey (1 Small Container)
Hidden Valley® Ranch Low Fat or Fat Free (1 Small Bottle)
Old El Paso® Mild Thick & Chunky Salsa (1 Small Jar)

**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 and can be found at Walmart® to simplify the shopping process, but nutritionally equivalent store brand alternatives are also acceptable.*