

MARCH 2013 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM Mango PM Miss Gini's Choice
4 AM: Fiber One® Granola Bar PM: Lady Bug Apples	5 AM: Cinnamon Raisin Bread PM Mr Shane's Choice	6 AM: Green Grapes PM: Honey Nut Cheerios and Bananas	7 AM: Low Fat Fruit Yogurt PM: Rice Cakes and Almonds	8 AM: Broccoli Florets PM Miss Marisela's Choice
11 AM: Clementine Oranges PM: Pita Pockets with Flavored Cream Cheese	12 AM: Reduced Fat String Cheese PM Miss Sheri's Choice	13 AM: Oatmeal Square Cereal PM: Reduced Fat Graham Crackers and Banana Slices	14 AM: Cucumber Wedges PM: Roast Beef Slices and Triscuits®	15 AM: Cauliflower and Fat Free French Dressing PM Miss Holly's Choice
18 AM: Multi Grain Club Cracker PM: Cottage Cheese and Mandarin Oranges	19 AM: Yellow/Red Peppers PM Miss Ashleigh Choice	20 AM: Sugar Snap Peas PM: Whole Wheat Tortilla and Turkey Roll-Up	21 AM: Banana's PM: Baked Tostitos® and Cheddar Cheese	22 AM: Kiwi Fruit PM Miss Jessica's Choice
25 AM: Celery and Fat Free Ranch PM: Pears and Pretzel Sticks	26 AM: Pecan Halves PM Miss Yan's Choice	27 AM: Apple Slices PM: Ants on a Log	28 AM: Red Grapes PM: Cucumber Rounds and Cream Cheese	29 AM: Air-Popped Popcorn 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 meals served with milk.

MARCH 2013 SHOPPING LIST*

Shopping

GRAINS

General Mills® Honey Nut Cheerios
Quaker® Oatmeal Squares
Rold Gold® Reduced Salt Pretzel Sticks
Keebler® Multi-Grain Club Crackers
Honey Maid® Reduced Fat Graham Crackers
Mission® Whole Wheat Tortillas
Cinnamon Raisin Bread
Triscuits®
Rice Cakes
Fiber One® Granola Bars
Baked Tostitos®
Pita Bread

FRESH FRUITS

Apples
Kiwi
Pears
Green Grapes
Mango
Clementine Oranges
Mandarin Oranges
Bananas
Red Grapes

FRESH VEGETABLES

Sugar Snap Peas
Broccoli
Cauliflower
Celery
Yellow & Red Peppers
Cucumbers



MARCH 2013 SHOPPING LIST*

PROTEINS

Deli - Healthy Ones® Reduced Sodium Turkey Breast
Deli - Healthy Ones® Reduced Sodium Roast Beef
Sargento® Reduced Fat String Cheese
Low Fat Fruit Yogurt
Fat Free Philadelphia® Cream Cheese
Orchard Valley® Pecan Halves
Jif® Natural Peanut Butter
Orchard Valley® Almonds
2% Cheddar Cheese
Low Fat 2% Cottage Cheese



EXTRAS

Fat Free Ranch Dressing
Fat Free French Dressing
Popping Corn



RECIPE SPECIFIC

Ants on a Log: Celery, Peanut Butter, Raisins
Lady Bug Apples: Apples, Peanut Butter, Raisins

**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.*