

MAY 2012 SNACK MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | 1 AM: Fresh Asparagus & Low Fat Ranch Dressing PM: Miss Katie's Choice | 2 AM: **Wild Smoothie PM: Bananas & Quaker® Oatmeal Squares | 3 AM: Fresh Blueberries PM: Celery & Carrots with Deli Beef Slices | 4 AM: Morning Glory Creations PM: Mr. Michael's Choice |
| 7 AM: Fresh Kiwi Slices PM: Pita Bread w/ Fat Free Philadelphia® Strawberry Cream Cheese & Apples | 8 AM: Kellogg's® Nutri-Grain Bar PM: Miss Ashley's Choice | 9 AM: Fresh Blackberries PM: Fruit and Oat Snack Mix | 10 AM: Fresh Plum Slices PM: Strawberries & Reduced Fat Colby Jack Cheese Sticks | 11 AM: Morning Glory Creations PM: Miss Katie's Choice |
| 14 AM: Raisin Bread PM: Veggie Flower & Whole Wheat Ritz® Cracker | 15 AM: Miss Tina's Choice PM: Low Fat Cottage Cheese & Pineapple | 16 AM: Green Grape Slices PM: Avocados w/Whole Wheat Tortilla | 17 AM: Apple Slices PM: Bran Muffin & Tangerines | 18 AM: Morning Glory Creations PM: Students Choice |
| 21 AM: Dried Apricots PM: English Muffin Pizzas w/ Yellow Peppers and Tomato Slices | 22 AM: Orange Slices PM: Miss Sarah's Choice | 23 AM: Whole Wheat Pumpkin Bread PM: ***Fresh Fruit with Maple Yogurt Fruit Dip | 24 AM: Fresh Peach Slices PM: Baked Whole Wheat Tortilla Chips w/ Cheddar Cheese & Salsa | 25 AM: Morning Glory Creations PM: Miss Ann's Choice |
| 28 CLOSED FOR MEMORIAL DAY | 29 AM: Miss Ann's Choice PM: Whole Wheat Bread w/ Reduced Fat Provolone Cheese | 30 AM: Yoplait® Blackberry Yogurt PM: Broccoli & Fat Free French Dressing with a Mini Bagel | 31 AM: Honey Nut Cheerios® PM: Tooty Fruity Salad with Pretzel Rods | |

*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.

**http://healthychild.org/live-healthy/recipe-comments/wild_smoothie/

***http://healthychild.org/live-healthy/recipe-comments/maple_yogurt_fruit_dip/



MAY 2012 SHOPPING LIST*

Shopping

GRAINS

Kellogg's® Nutri-Grain® Cereal Bars – Any Flavor
Bakery - Whole Wheat Pita Bread
Thomas ® Whole Grain Mini-Bagels
Natures Pride® Whole Wheat Bread
Quaker® Quick Oats
Mission® Small Whole Wheat Tortilla
Nabisco® Ritz® Whole Wheat Crackers
Quaker® Cinnamon Oatmeal Squares
General Mills® Honey Nut® Cheerios
Baked Tostitos® Scoops
Rold Gold® Pretzel Rods
Sunmaid ® Cinnamon Raisin Bread
Thomas ® Hearty Grains English Muffins



FRESH FRUITS

Whole Kiwis
Braeburn, Jonagold or Fuji Apples
Blueberries
Strawberries
Bananas
Green Grapes
Blackberries
Pineapple
Peaches
Tangerines
Oranges
Plums
Avocado
Dried Apricots
Raisins



MAY 2012 SHOPPING LIST*

PROTEINS

Deli - Healthy Ones ® Beef
Sargento ® Reduced Fat Colby Jack Cheese Sticks
Yoplait ® Yogurt Blackberry
Kraft ® Shredded Cheddar Cheese
Fat Free Philadelphia® Strawberry Cream Cheese
Daisy® Low Fat Cottage Cheese
Sargento® Reduced Low Fat Provolone Cheese Slice
Dannon ® Greek Plain Yogurt



FRESH VEGETABLES

Carrots
Celery
Broccoli
Yellow Peppers
Tomatoes
Cucumbers
Asparagus



EXTRAS

Old El Paso® Mild Salsa
Kraft ® Fat Free French Dressing
Hidden Valley ® Low Fat Ranch Dressing

RECIPE SPECIFIC

Maple Yogurt Fruit Dip – Plain Yogurt, Maple Syrup and Vanilla Extract

Wild Smoothie – Blueberries, Strawberries, Almond Milk, Spinach, Maple Syrup, Protein Powder, Ice, Cinnamon and Flaxseed

Fruit and Oat Square Mix – Cheerios ®, Dried Apples and Raisins

Tooty Fruit Salad – Bananas, Strawberries, Apples, Grapes & Pineapple Chunks with Orange Juice

**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.*