

MAY 2013 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	1 AM: Fresh Asparagus and Low Fat Ranch Dressing PM: Banana & Quaker Oatmeal Squares	2 AM: Fresh Blueberries PM: Celery & Carrots with Deli Beef Slices	3 AM: Apple Slices PM: Miss Tina's Choice
6 AM: Fresh Kiwi Slices PM: Pita Bread w/Fat Free Philadelphia® Strawberry Cream Cheese & Apples	7 AM: Kellogg's® Nutri Grain Bar PM: Fruit and Cheese Snack	8 AM: Fresh Blackberries PM: Fruit & Oat Snack Mix & Cucumber Spears	9 AM: Fresh Plum Slices PM: Student Creation	10 AM: Oranges PM: Miss Holly's Choice
13 AM: Raisin Bread PM: Veggie Flower & Whole Wheat Ritz® Cracker	14 AM: Low Fat Cottage Cheese PM: Yogurt Cones With Granola	15 AM: Green Grape Slices PM: Avocados with Whole Wheat Tortilla	16 AM: Strawberries PM: Pumpkin Wheat Bread & Milk	17 AM: Tangerines PM: Mr. Willy's Choice
20 AM: Fresh Peach Slices PM : English Muffin Pizzas with Yellow Pepper & Tomato Slices	21 AM: Orange Slices PM: Peanut Butter and Jelly Sandwich and Carrot sticks	22 AM: Reduced Fat Mozzarella Cheese Sticks PM: Fresh Fruit with Maple Yogurt Fruit Dip	23 AM: Sliced Cantaloupe PM: Whole Wheat Bread with Cheddar Cheese Slice	24 AM: Yoplait® Blackberry Yogurt PM: Miss Stacy's Choice
27 AM Pretzel Rods PM: Baked Whole Wheat Tortilla Chips with Monterey Jack Cheese	28 AM: Fresh Pineapple Chunks PM: Celery Sticks and Humus	29 AM: Fruit Smoothie PM: Broccoli and & Deli Turkey Slices	30 AM: Honey Nut Cheerios PM: Banana Bran Flake Bread & Clementines	31 AM: Pear Slices PM: Miss Yan'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.

MAY 2012 SHOPPING LIST*

Shopping

GRAINS

Kellogg's® Nutri-Grain® Cereal Bars – Any Flavor
Bakery - Whole Wheat Pita Bread
Natures Pride® Whole Wheat Bread
Natures Pride® Raisin Bread
Mission® Small Whole Wheat Tortilla
Nabisco® Ritz® Whole Wheat Crackers
Quaker® Oatmeal Squares
General Mills® Honey Nut® Cheerios
Baked Tostitos® Scoops
Rold Gold® Pretzel Rods
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
Cantaloupe
Pears
Clementines



MAY 2012 SHOPPING LIST*

PROTEINS

Deli - Healthy Ones ® Beef and Turkey
Sargento ® Reduced Mozzarella Cheese Sticks
Yoplait ® Yogurt Vanilla and Blackberry
Kraft ® Monterey Jack Cheese
Fat Free Philadelphia® Strawberry Cream Cheese
Daisy® Low Fat Cottage Cheese
Sargento® Reduced Low Fat Cheddar Cheese Slice
Jiff® Natural Peanut Butter



FRESH VEGETABLES

Carrots
Celery
Broccoli
Yellow Peppers
Tomatoes
Cucumbers
Asparagus
Avocados



EXTRAS

Kraft ® Fat Free French Dressing
Hidden Valley ® Low Fat Ranch Dressing
Humus

RECIPE SPECIFIC

Fruit and Cheese Snack Mix- Red Grapes, Strawberries and Cheddar Cheese
Yogurt Cones- Vanilla Yogurt, Ice Cream Cones and Granola
Fruit and Oat Square Mix – Cheerios ®, Dried Apples and Raisins
Smucker's® Jelly

**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.*