

NOVEMBER 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM: Green Grapes PM: Tina's Choice	2 AM: Baby Carrots PM: Whole Wheat Tortillas and Melted 2% Cheese
5 AM: Sugar Snap Peas PM: Almonds & Craisins®	6 AM: Yoplait® Pomegranate Smoothie PM: Miss Darcie's Choice	7 AM: Apple Wedges PM: Ants on A Log	8 AM: Broccoli Florets PM: Mr Shane's Choice	9 AM: Mandarin Oranges PM: Strawberry Yogurt and Granola
12 AM: Star Fruit PM: Low Fat 2% Cottage Cheese with Pineapple	13 AM: Blueberry Crumble Bread PM: Miss Sam's Choice	14 AM: Whole Wheat Bread and Low Sugar Preserves PM: Fruit Caterpillars	15 AM: Pomegranates PM: Miss Holly's Choice	16 AM: Red Grapes PM: Reduced Sodium Turkey Slices with Cucumber Wedges
19 AM: Kiwi Halves PM: Whole Wheat Ritz® with Reduced Fat Swiss Cheese	20 AM: Edamame PM: Miss Gini's Choice	21 AM: Nature Valley Yogurt Granola Bars® PM: Holiday Surprise	22 HAPPY THANKSGIVING! CENTER CLOSED	23 HAPPY THANKSGIVING! CENTER CLOSED
26 AM: Pecan Pieces PM: Whole Wheat Mini Bagels & Cream Cheese	27 AM: Pears PM: Miss Ashleigh's Choice	28 AM: Honey Nut Cheerios PM: Scooter Snacks	29 AM: Cauliflower Florets PM: Miss Billie's Choice	30 AM: Banana Slices PM: Yellow/Red Pepper Strips and Low Salt Pretzel Sticks

*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.

NOVEMBER 2012 SHOPPING LIST*

Shopping

GRAINS

General Mills® Honey Nut Cheerios
Quaker® Oatmeal Squares
Rold Gold® Reduced Salt Pretzel Sticks
Keebler® Multi-Grain Club Crackers
Mission® Whole Wheat Tortillas
Sara Lee® Blueberry Crumble Bread
Sara Lee® Whole Wheat Mini Bagels
Blueberry Crumble Bread
Whole Wheat Ritz®
Whole Wheat Bread
Granola



FRESH FRUITS

Apples	Pomegranates
Kiwi	Star Fruit
Pears	Bananas
Green Grapes	Red Grapes
Pineapple	Mandarin Oranges

FRESH VEGETABLES

Baby Carrots	Celery
Broccoli	Yellow & Red Peppers
Cauliflower	Cucumbers
Sugar Snap Peas	



NOVEMBER 2012 SHOPPING LIST*

PROTEINS

Deli - Healthy Ones ® Reduced Sodium Turkey Breast
Sargento ® Reduced Fat String Cheese
Strawberry Yogurt
Fat Free Philadelphia® Cream Cheese
Orchard Valley® Pecan Halves
Jif® Natural Peanut Butter
Orchard Valley® Almonds
2% Cheddar Cheese
Edamame – Freezer Section
Low Fat 2% Cottage Cheese
Reduced Fat Swiss Cheese
Yoplait Pomegranate Smoothie – Freezer Section



EXTRAS

Ocean Spray® Craisins
Sunmaid® Raisins
Low Sugar Preserves
Nature Valley® Yogurt Granola Bars
Whole Olives (Canned – For Wheels of Scooter Snacks)



RECIPE SPECIFIC

Ants on a Log: Celery, Peanut butter, Raisins

Fruit Caterpillars: Pears, Bananas and Raisins

Scooter Snacks: String Cheese, Pretzel Sticks and Whole Olives

**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.*