

OCTOBER 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 AM Pomegranates PM Mini-Wheat Bagels with Low Fat Cream Cheese	2 AM Sticks and Stones PM Miss Tina's Choice	3 AM Fresh Pear Slices PM Multi-Grain Cheerios and Yogurt Covered Raisins	4 AM Jicama Sticks PM Blueberry Bread & Grapefruit Slices	5 AM Frozen Graham Cracker Sandwiches PM Miss Ashleigh's Choice
8 AM Yogurt Sticks PM Whole Wheat Pita Bread with Reduced Sodium Deli Turkey Breast Slices	9 AM Yellow & Red Pepper Strips PM Mr Shane's Choice	10 AM Fresh Cantaloupe PM Apple Dippers with Peanut Butter	11 AM NutriGrain® Bar PM Pumpkin Seed Trail Mix	12 AM Quaker® Oatmeal Squares PM Miss Marisela's Choice
15 AM Fresh Pineapple PM Cucumber Slices and 2% cheese cubes	16 AM Tri-Colored Pasta with Parmesan Cheese PM Miss Janessa's Choice	17 AM Dried Apricots PM Fruit Smoothies	18 AM Pecan Halves PM Fruity Nachos and Carrot Sticks	19 AM Low Fat Yogurt PM Miss Holly's Choice
22 AM First Light Student Creation PM Reduced Fat Mozzarella Cheese Sticks & Green Grapes	23 AM Honeydew Melon Cubes PM Miss Billie's Choice	24 AM 2% Cheese Quesadillas PM Reduced Sodium Deli Roast Beef Slices on Multi Grain Cracker	25 AM Kiwi Slices PM Cauliflower Popcorn & Red Grape Slices	26 AM Edamame PM Miss Darcie's Choice
29 AM Orange Wedges PM Carrot and Zucchini Matchsticks and Hummus	30 AM Sugar Snap Peas PM Miss Yan's Choice	31 AM Mini Rice Cakes PM Almonds and Craisins®		

*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.