

SEPTEMBER 2012 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Closed for Labor Day Have a Great Holiday!</p>	<p>4 AM: Miss Katie's Choice PM: Yoplait Gogurt® & Air-Pop Popcorn</p>	<p>5 AM: Honey Glazed Snack Mix PM: Apple Lady Bugs (Apple Halves, Raisins and Pretzel Sticks)</p>	<p>6 AM: Purple Grape Slices PM: Turkey on Cucumber Rounds</p>	<p>7 AM: Pear Slices PM: Miss Missi's Choice</p>
<p>10 AM: Cinnamon Raisin Granola PM: Low Fat 2% Cottage Cheese with Clementine Oranges</p>	<p>11 AM: Mr. Shane's Choice PM: Reduced Fat Whole Grain Triscuit's® with Reduced Fat Swiss Cheese</p>	<p>12 AM: Harvest Peach Fat Free Yoplait Yogurt PM: Student's Choice</p>	<p>13 AM: Nature Valley Strawberry & Vanilla Yogurt Granola Bars PM: Apple Merry Go Rounds (Apple Slices, Peanut Butter and Animal Crackers)</p>	<p>14 AM: Miss Billie's Choice PM: Fresh Snap Peas and Hummus for Dipping</p>
<p>17 AM: Blueberries PM: Toasted Whole Wheat English Muffins & Melted 2% Cheddar Cheese</p>	<p>18 AM: Miss Tina's Choice PM: Fresh Cantaloupe & Pretzel Rods</p>	<p>19 AM: Strawberries PM: Cucumber Triangle Pita's with Low Fat Cream Cheese</p>	<p>20 AM: Yoplait Pomegranate Smoothie PM: Yellow Squash Wedges with Low Fat Ranch Dressing and Mini Rice Cakes</p>	<p>21 AM: Miss Sam's Choice PM: Miss Yan's Choice</p>
<p>24 AM: Bing Cherries PM: Zucchini Slices & Whole Wheat Bread</p>	<p>25 AM: Miss Sarah's Choice PM: Banana Slices and Honey Nut Cheerios®</p>	<p>26 AM: Wheat Chex® Cereal PM: 2% Cheddar Cheese Melted on a Whole Wheat Tortilla</p>	<p>27 AM: Whole Wheat Toast with Low Sugar Strawberry Jam PM: Kiwi Slices & Low Fat Graham Crackers</p>	<p>28 AM: Cauliflower with Fat Free French Dressing PM: Orange Slices And Reduced Fat Colby Cheese Stick</p>

*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.



September 2012 SHOPPING LIST*

Shopping List

GRAINS

Nature Valley® Strawberry & Vanilla Yogurt Granola Bars
Bakery Whole Wheat Pita Bread
Thomas® Hearty Grains English Muffins
Stauffer's® Animal Crackers
Quaker® Quick Oats
Wheat Chex®
Mission® Small Whole Wheat Tortilla
Pretzel Sticks and Pretzel Rods
Reduced Fat Whole Grain Triscuit®
Rice Cakes
Whole Wheat Bread
Honey Nut Cheerios®
Low Fat Graham Crackers

FRUITS

Whole Kiwis
Fresh Braeburn, Jonagold or Fuji Apples
Fresh Blueberries
Fresh Strawberries
Bananas
Red Grapes
Cantaloupe
Pears
Oranges
Cherries

PROTEINS

Deli- Healthy Ones® Turkey
Sargento® Reduced Fat Colby Cheese Sticks
Yoplait® Yogurt Peach



September 2012 SHOPPING LIST*

Yoplait® Pomegranate Smoothie – In Freezer Section
Yoplait® Gogurt – Any Flavor
Low Fat 2% Cottage Cheese
Sargento® Swiss Cheese
Peanut Butter
Cream Cheese
Hummus
Cheddar Cheese



VEGETABLES

Cauliflower
Cucumber
Zucchini
Yellow Zucchini Squash
Sugar Snap Peas



EXTRAS

Kraft® Fat Free French Dressing
Orville Redenbacher® Original Gourmet Popping Corn
Smucker's® Low Sugar Strawberry Preserves
Great Value® Clover Honey



RECIPIES

<http://www.tasteofhome.com/Recipes/Cinnamon-Raisin-Granola>

<http://www.tasteofhome.com/Recipes/Honey-Glazed-Snack-Mix>

**If you cannot find ripe or good quality fruit/vegetables per your assignment, please substitute with another fruit/vegetable from the shopping list. Brand names are suggestions and can be found at Walmart® to simplify the shopping process, but nutritionally equivalent store brand alternatives are also acceptable.*