

**SNACK CALENDAR****March, 2010**

2					
	3/1	3/2	3/3	3/4	3/5
PM	Fruit w/dollop yogurt	Cheese N Crackers	Pistachio Fluff	Popcorn Puffs	Pudding or Cookie
3					
	3/8	3/9	3/10	3/11	3/12
PM	Baking	Graham Crackers w/peanut butter	Leftovers from Baking	Root Beer Float	Pineapple Pistachio-Fluff
4					
	3/15	3/16	3/17	3/18	3/19
PM	Orange Delight	Cottage Cheese & Fruit	Popcorn Puffs	Cookies	Pudding
5					
	3/22	3/23	3/24	3/25	3/26
PM	Baking	Graham Crackers w/peanut butter	Leftovers from Baking	Cheese & Crackers	Cookie
1					
	3/29	3/30	3/31		
PM	Fruit	Popcorn Puffs	Leftovers or Root Beer Float		

SERVING GUIDELINES:

Cake/Bars/Brownies – 2”x2” piece, scrape off frosting for Diabetics & Catie

Cobbler/Crisps (Fruit) – approx. ½ cup. w/ cool whip

If MOW peach crisp > take out extra “goop” for diabetics

Cookies – 1 med./lrg, 2 small, or any others >> approx. 15 carbs.

Cheese n Crackers – 3 cheese cubes, 3 crackers

Cottage Cheese & fruit – Approx. ¼ cup of each

Fruit Smoothie – ¾ cup

Fruit w/dollop of Yogurt – Fruit (no juice) ½ cup, 1 Tbsp. yogurt on top

Graham Crackers w/peanut butter – 1 whole cracker w/ approx. 2 tsp. of peanut butter

Jello - (sugar free) w/ fruit – ½ to ¾ cup.

Pie – (sugar free), 1/6 of a small Martin’s pie, 1/8 if the larger, homemade style

Pistachio Fluff or Orange Delite– ½ cup

Popcorn puffs – ¾ cup

Pudding (sugar free) – ½ cup w/dollop of cool whip

Root Beer Float (sugar free) – 8oz. w/1 scoop LoFat, sugar free ice cream