

APRIL 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 POPCORN (1'S CEREAL) OJ SMOOTHIE WITH WW BREAD AND BUTTER	2 BANANAS CRACKERS AND CHEESE	3 ANIMAL CRACKERS 3 INGREDIENT OAT POWER BALLS	4 WW CARROT MUFFINS CARROT AND CUCUMBERS SPEARS IN HUMMUS	5 PEARS EGGS AND WW BREAD AND BUTTER
8 POTATO SALAD WW ENGLISH MUFFIN FRUIT PIZZAS	9 BANANA BREAD APPLE MERRY-GO-ROUND	10 CANTALOUPE GREEN SMOOTHIE AND WHOLE GRAIN CRACKERS	11 CEREAL BEAN AND CHEESE WW QUESADILLAS	12 PRETZELS (1'S BREAD) WW OAT BREAD WITH PEANUT BUTTER
15 BANANAS SPOTTED PUP	16 DROP BISCUITS AND JELLY PEPPERS IN HUMMUS	17 CRACKERS (BREAD 1'S) VEGGIE CREAM CHEESE PIZZA BAGELS	18 APPLES PEANUT BUTTER BANANA WW HOT DOGS	19 BANANA/ PUMPKIN PUREE CINNAMON RAISIN BREAD WITH EXTRA RAISINS
22 FROZEN BANANA PB SANDWICHES WHOLE GRAIN CHIPS AND FRUIT SALSA (1'S CEREAL)	23 APPLES EGGS AND CARROTS	24 CARROTS (1'S CUCUMBERS) FROZEN BANANA POPS WITH WHOLE GRAIN CRACKERS	25 RICE CAKES (1'S THINS) ANTS ON A LOG- CELERY WITH PEANUT BUTTER AND RAISINS	26 CHEESESTICKS WW CRACKERS; ORANGES
29 HEALTHY SNACK COOKIES MACARONI SALAD	30 APPLESAUCE PB JELLY SANDWICHES			 Golden Rule Grocers

All foods are non-GMO if not all organic. Some substitutions may be made for 1 year olds as needed. **All meals and snacks served at First Light are made in facilities that prepare food items containing eggs, milk, peanuts, tree nuts, wheat, soy, and fish.