

AUGUST 2018 SNACK MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
		1 APPLE SLICES EGG AND TOAST	2 PRETZELS/CEREAL (1'S) FRUIT SMOOTHIES AND BREAD	3 CINNAMON RAISIN BREAD FRUIT SALSA, WHOLE GRAIN CHIPS/BREAD 1'S
6 POPCORN/HAPPY PUFFS (1'S) CHEESE TOAST	7 BANANAS PBJ SANDWICHES	8 APPLE RICE CAKES/CEREAL (1'S) WW MUFFINS AND BANANAS	9 CHEESE STICKS FROZEN FRUIT POPSICLES AND CEREAL	10 OAT BARS ZUCCHINI SPEARS IN HUMMUS
13 GRAPES PINEAPPLE AND WW CRACKERS	14 RAISIN MUFFINS CELERY AND CARROTS, RANCH, WW BREAD	15 CEREAL BANANA PEANUT BUTTER BOATS	16 RAISINS CUCUMBERS AND CHEESE	17 Closed for Staff In-Service day
20 MULTI-GRAIN CHIPS FRUIT SALAD AND PRETZELS (CEREAL 1'S)	21 TRAIL MIX PEPPERS WITH HUMMUS	22 STRAWBERRY BREAD TUNA SPREAD AND CRACKERS	23 CELERY AND CARROT STICKS (ZUCCHINI 1'S) VEGGIE CUCUMBER WRAPS	24 BREAD WITH APPLE BUTTER APPLE PEANUT BUTTER SANDWICHES
27 CHERRY TOMATOES AND CHEESE EGG SALAD WRAPS	28 OATY SNACK COOKIES CUCUMBER BREAD SANDWICHES WITH CREAM CHEESE	29 LEMON POPPYSEED BREAD WW MUFFINS AND ORANGES	30 BANANAS CANTALOUPE AND WHOLE GRAIN CHIPS (CEREAL 1'S)	31 NO BAKE POWER BALLS FROZEN BANANAS IN YOGURT WITH OAT CRUMBLE

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. 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.

