

AUGUST 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 FARRO FRUIT SALAD VEGGIE PASTA SALAD	2 WW ZUCCHINI BREAD FROZEN BANANA POPS
5 PRETZELS (1'S CEREAL) PEANUT BUTTER OAT MAPLE POWER BALLS	6 WHOLE WHEAT BREAD AND JELLY CARROTS IN HUMMUS	7 RICE CAKES (1'S THINS) FRUIT SMOOTHIES; WHOLE WHEAT BREAD	8 CHEESE STICKS PANCAKE SQUARES WITH FRUIT SALAD	9 CANTALOUPE BANANA OAT BALLS
12 RAISINS EGGS AND ENGLISH MUFFINS	13 BREAD AND JELLY WATERMELON "STRAWS" AND SLICED CHEESE	14 WW BANANA BREAD CHEESE TORTILLAS	15 DROP BISCUITS PINEAPPLE WITH CRACKERS	16 ANIMAL COOKIES HUMMUS WITH CUCUMBERS AND PEPPERS
19 CHERRY TOMATOES IN RANCH SPOTTED PUP	20 SWEET POTATO FRIES APPLE SLICES DIPPED IN PEANUT BUTTER	21 BANANAS CORNBREAD WITH PEANUT BUTTER AND HONEY	22 CLOSED for In-Service	23 CLOSED for Fall Prep
26 POPCORN (1'S CEREAL) CUCUMBERS AND PEPPERS IN BEAN DIP	27 EGGS WW BAGELS WITH CREAM CHEESE AND RAISINS	28 APPLESAUCE ORANGE FRUIT SMOOTHIE AND WW DROP BISCUITS	29 CELERY AND CARROT STICKS IN RANCH BANANA ICE CREAM; HOMEMADE GRAHAM CRACKERS	30 WATERMELON CANTALOUPE; WW CRACKERS

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. Fruits and Vegetables may change based on availability.

