


APRIL 2015 SNACK MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 AM: Banana & Peanut Butter Wrap PM: Fiber One Granola Bar | 2 AM: Cinnamon and Honey Glazed Chickpeas PM: Apple and Oat Square Mix | 3 AM: Tri Colored Pasta with Parmesan Cheese PM: Miss Tina's Choice |
| 6 AM: Low Fat 2% Cottage Cheese with Clementine Oranges PM: Cinnamon Raisin Granola | 7 AM: Strawberries and Nutella PM: Turkey on Cucumber Rounds | 8 AM: Fresh Snap Peas and Hummus for Dipping PM: Blueberry Bagels | 9 AM: Yellow Squash Wedges with Low Fat Ranch Dressing PM: Strawberry/Vanilla Yogurt Granola Bars | 10 AM: Apples and Almond Butter PM: Miss Tina's Choice |
| 13 AM: Mandarin Oranges PM: Apple Lady Bugs (Apple Halves and Raisins) | 14 AM: Kiwi and Honeydew PM: Reduced Fat Whole Grain Triscuit's with Reduced Fat Swiss Cheese | 15 AM: Baked Tortilla Chips and Guacamole PM: Banana – Pear Caterpillar | 16 AM: Celery, Hummus and Deli Sliced Turkey PM: Cinnamon Raisin Bread | 17 AM: 2% Cheddar Cheese Melted on a Whole Wheat Tortilla PM: Miss Tina's Choice |
| 20 AM: Cantaloupe PM: Rice Cakes with Peanut Butter | 21 AM: Frozen Bananas Dipped in Orange Juice PM: Cinnamon Raisin Bread | 22 – EARTH DAY AM: Rainbow Fruit Salad PM: Toasted Whole Wheat English Muffins & Honey | 23 AM: Tropical Smoothie PM: Nutri-Grain Bar | 24 AM: Blueberries and Vanilla Yogurt PM: Miss Tina's Choice |
| 27 AM: Mango and Hard Boiled Egg PM: Pita Pocket and Deli Sliced Ham | 28 AM: Cantaloupe and Honey Nut Cheerios PM: Cauliflower and Reduced Fat Colby Cheese Stick | 29 AM: Harvest Peach Yoplait Yogurt PM: Chex/Kix mix with Grapes | 30 AM: Broccoli PM: Mini Whole Wheat Bagel with Nutella |  |

*All fruits and vegetables are fresh. Any grain will 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 will be low fat or fat free. All snacks served with water unless otherwise noted.**All meals and snacks served at First Light are made in facilities that prepare food items containing eggs, milk, peanuts, tree nuts, wheat, soy, fish and shellfish.