

APRIL 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM: Miss Tina's Choice PM: Miss Tina's Choice
4 AM: Clementine Oranges PM: Honeydew and Raisin Bread	5 AM: Strawberries PM: Turkey on Cucumber Rounds	6 AM: Ladybugs on a Leaf PM: Blueberry Bagels	7 AM: Yellow Squash Rounds with Low Fat Ranch Dressing PM: Strawberry/Vanilla Yogurt Granola Bars	8 AM: Apple Dippers with Almond Butter PM: Miss Tina's Choice
11 AM: Popcorn Cauliflower PM: Toasted English Muffins with Jelly	12 AM: Kiwi and Honeydew PM: Reduced Fat Whole Grain Triscuit's with Reduced Fat Swiss Cheese	13 AM: Banana – Pear Caterpillar PM: Fiber One Lemon Bars	14 AM: Tropical Smoothie (Made with Coconut milk) PM: Cinnamon Raisin Bread	15 AM: Watermelon PM: Miss Tina's Choice
18 AM: Mango and Hard Boiled Egg PM: Rice Cakes with Peanut Butter	19 AM: Cantaloupe and Honey Nut Cheerios PM: Bagels with Cream Cheese	20 AM: Blueberries and Vanilla Yogurt PM: Baked Tortilla Chips and Mild Salsa	21 AM: Celery & Hummus PM: Nutri-Grain Bar	22 <u>EARTH DAY</u> AM: Tomato and Mozzarella Caterpillars PM: Miss Tina's Choice
25 AM: Cantaloupe PM: Apple Lady Bugs (Apple Halves and Raisins)	26 AM: Frozen Nutty Banana Nibblers PM: Cauliflower and Reduced Fat Colby Cheese Stick	27 AM: Sweet Potato Fries PM: Sticks and Stones	28 AM: Mini Sweet Peppers with Hummus PM: Whole Wheat Bagel with Strawberry Cream Cheese	29 AM: Broccoli and French Dressing for dipping PM: Miss Tina's Choice

*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.

