

APRIL 2017 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 AM: Miss Tina's Choice PM: Clementine Oranges	4 AM: Popcorn Cauliflower PM: Turkey on Cucumber Rounds	5 AM: Ladybugs on a Leaf PM: Blueberry Bagels	6 AM: Yellow Squash Rounds with Ranch Dressing PM: Fiber One Strawberry Streusel Bar	7 AM: Apple Dippers with Almond Butter PM: Miss Tina's Choice
10 AM: Strawberries PM: Toasted English Muffins with Jelly	11 AM: Kiwi and Honeydew PM: Blue Diamond Nut Thin Crackers with Hummus	12 AM: Banana – Pear Caterpillar PM: Fiber One Lemon Bars	13 AM: Tropical Smoothie (Made with Coconut milk) PM: Cinnamon Raisin Bagels	14 AM: Watermelon PM: Miss Tina's Choice
17 AM: Hard Boiled Egg PM: Rice Cakes with Peanut Butter	18 AM: Cantaloupe PM: Bagels with Cream Cheese	19 AM: Frozen Blueberries and Vanilla Yogurt PM: Baked Tortilla Chips and Mild Salsa (Corn Chex for 1's)	20 AM: Snap Peas & Hummus PM: Kashi Granola Bars	21 AM: Cheese Stick PM: Miss Tina's Choice
24 AM: Peanut Butter Rice Krispy Treat PM: Apple Lady Bugs (Apple Halves and Raisins)	25 AM: Frozen Nutty Banana Nibblers PM: Asparagus and Italian Dressing	26 AM: Alexia Sweet Potato Fries PM: Sticks and Stones	27 AM: Mini Sweet Peppers PM: Fish in a Pond (Rice Cakes, Strawberry Cream Cheese, Craisins)	28 AM: Cucumber 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.