


AUGUST 2017 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM: Kiwi and Honeydew PM: Fiber One Fudge Brownies	2 AM: Cauliflower Popcorn PM: Fruit and Chex snack mix	3 AM: Alexia's Sweet Potato Fries PM: Mozzarella Cheese sticks	4 AM: Strawberries and Kiwi PM: Miss Tina's Choice
7 AM: Tropical Smoothie (made with Coconut Milk) PM: Craisin and Oat Mix	8 AM: Zucchini dipped in French Dressing PM: Whole Wheat English Muffins with Nutella	9 AM: Toasted Pita Pizzas PM: Kashi Granola Bars	10 AM: Banana PM: Colby Cheese Stick and Apple Slices	11 AM: Ants on a log (Celery, almond butter, raisins) PM: Miss Tina's Choice
14 AM: Apple Slices PM: Fish in a Pond (Rice Cakes, Strawberry Cream Cheese, Craisins)	15 AM: Fresh Broccoli and Reduced Fat Ranch Dressing PM: Dried Fruit and Cereal	16 AM: Nectarines PM: Provolone Cheese Slices with Blue Diamond Nut Thins	17 AM: Fresh Cantaloupe PM: Yogurt Dipped Frozen Blueberries	18 <i>Closed for Teacher In-service</i>
21 AM: Hard Boiled Eggs PM: Apple Rice Cakes with Nutella and Apricots	22 AM: Ladybugs on a Leaf (Celery, Strawberry Cream Cheese and Craisins) PM: Frozen Pineapple	23 AM: Sliced Grapes and Multigrain Cheerios PM: Apple Lady Bugs	24 AM: Baked Tortilla Chips and Guacamole (Corn Chex for 1-2 year olds) PM: Cinnamon Raisin Swirl Bagels	25 AM: Kix Cereal and Dried Fruit PM: Miss Tina's Choice
28 AM: Cottage Cheese PM: Nutella and Jelly mini Snack Burritos	29 AM: Colby Cheese Sticks PM: Sticks and Stones	30 AM: Strawberry Nutrigrain Bar PM: Bunnies in the Field (celery, cream cheese, bunny crackers)	31 AM: Frozen Nutty Banana Nibblers PM: Whole Wheat Bread with Grape Preserves	

*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 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.