

DECEMBER 2018 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 RICE CAKES (1'S RICE THINS WITH JELLY) CELERY STICKS IN HUMMUS (1'S CUCUMBERS AND CHEESE)	4 POPCORN (1'S CEREAL) PEANUT BUTTER JELLY TORTILLAS	5 CARROT STICKS (1'S COOKED) WITH RANCH EGGS WITH WHOLE WHEAT BREAD AND BUTTER	6 BANANAS APPLES AND CHEESE	7 WHOLE WHEAT CRACKERS (1'S WHOLE WHEAT BREAD) KALE/SPINACH/FRUIT SMOOTHIE WITH PEANUT BUTTER
10 PUMPKIN BREAD CUCUMBERS IN RANCH; WHOLE WHEAT BREAD WITH BUTTER	11 ANIMAL CRACKERS OAT POWER BALLS	12 ROASTED SWEET POTATO FRIES RAISINS AND CARROT MUFFINS	13 CHEESE STICKS TURKEY CHEESE TORTILLAS	14 HEALTHY OAT COOKIES FROZEN YOGURT BANANA POPS WITH CEREAL
17 SEASONAL FRUIT SALAD CHEESE BREAD	18 BANANA BREAD APPLES DUNKED IN PEANUT BUTTER (1'S APPLES AND EGGS)	19 PEARS CARROTS AND CUCUMBERS IN BEAN DIP	20 BREAD STICKS AND MARINARA WHOLE GRAIN CHIPS AND FRUIT SALSA	21 ANTS ON A LOG (1'S RAISINS) BANANA JELLY HOT DOGS
24 	25 	26 	27 ZUCCHINI SPEARS IN RANCH EGG SALAD SANDWICHES	28 TRAIL MIX (1'S BREAD AND JELLY) WHOLE WHEAT SCONES AND PEANUT BUTTER
31 	1 			

Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. 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.