

DECEMBER 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 BANANAS EGGS AND CRACKERS	3 BLUEBERRY OAT BARS CUCUMBER PARTY SANDWICHES	4 BANANA ICE CREAM HOMEMADE GRAHAM CRACKERS; APPLESAUCE	5 CARROT STICKS IN RANCH PEANUT BUTTER POPCORN BARS	6 ORANGE SMOOTHIE CHEESE AND RAISINS
9 FROZEN BANANA PB BITES CHOCOLATE POWER UP MUFFINS	10 LOW SUGAR BAKED DONUTS VEGGIE AND CHEESE TRAY	11 SWEET POTATO FRIES PEANUT BUTTER POWER BALLS WITH CHOCOLATE CHIPS	12 LEMON POPPYSEED BREAD BREADSTICKS IN MARINARA	13 WHOLE GRAIN CEREAL ANIMAL CRACKER APPLE CAROUSELS
16 PEARS CINNAMON TEA MUFFINS	17 APPLES TRAIL MIX	18 OAT DROP "COOKIES" BREAD PUDDING	19 BANANA HOT DOGS CHICKPEA BROWNIES	20 LEMON POPPYSEED MUFFINS RAISINS; CHEESE
 <p style="font-size: 2em; color: red; font-weight: bold; margin: 0;"><i>Merry Christmas</i></p>				
30 CARROT STICKS IN HUMMUS DROP BISCUITS WITH JELLY	31 CHEESE STICKS CORNBREAD AND HONEY			

*All fruit is as available *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.