


DECEMBER 2015 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM: Cutie Oranges PM: Rice Cakes with Almond Butter and Banana	2 AM: Cinnamon Raisin Bread PM: Whole Wheat Bagels with Cream Cheese and Carrot Sticks	3 AM: Lady Bug Apples PM: Toasted Pita with Parmesan Cheese Cucumber Rounds	4 AM: Hard Boiled Eggs PM: Miss Tina's Choice
7 AM: Baked Tostitos and Guacamole PM: Peanut Butter and Honey Sand. & Strawberry Slices	8 AM: Kiwi and Strawberry Slices PM: Sticks and Stones	9 AM: Tomato and Mozzarella Caterpillars PM: Frozen Banana Almond Butter Bites	10 AM: Turkey Rollers PM: Quaker Quinoa Fruit and Nut bars	11 AM: Rice Cakes with Cream Cheese, "Crazy Hair" Shredded Carrots and Pepper Slices PM: Miss Tina's Choice
14 AM: Toasted Pita with Hummus PM: Nutella and Banana Burritos	15 AM: Snap Peas PM: Peach Yogurt and Dried Fruit	16 AM: Apple Cheerios PM: Red and Yellow Pepper Slices with Hummus	17 AM: Ants on a Log PM: Toasted Bagel with Cream Cheese	18 AM: Pear Pinwheels PM: Miss Tina's Choice
21 AM: Broccoli with Italian Dressing PM: Whole Wheat Tortilla with Cream Cheese and Turkey Roll "Flashlights"	22 AM: Sweet Potato, Apple Cranberry Bake PM: Cucumber Sticks and French Dressing	23 AM: Strawberry Banana Candy Canes PM: Miss Tina's Choice	24 <i>Closed for Christmas</i>	25 <i>Closed for Christmas</i>
28 AM: Pomegranates and Cheese Sticks PM: Apple, Peanut Butter and Raisin Sandwiches	29 AM: Celery and Cream Cheese "Bobsleds" PM: Fiber One Granola Bars	30 AM: Multigrain Cheerios PM: Roasted Cauliflower and Apples with Dill	31 AM: Turkey Slices with Cucumber Chips PM: Miss Tina's Choice	1 

*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.