

DECEMBER 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM: Apples and Peanut Butter PM: Toasted Pita with Jelly	2 AM: Hard Boiled Eggs PM: Miss Tina's Choice
5 AM: Baked Tostitos and Guacamole PM: Peanut Butter and Honey Sand. & Strawberry Slices	6 AM: Snap Peas PM: Sticks and Stones	7 AM: Tomato and Mozzarella Caterpillars PM: Frozen Banana Almond Butter Bites	8 AM: Turkey Rollers PM: Kashi Chocolate Almond Sea Salt with Chia Granola Bars	9 Crazy Hair Day AM: Rice Cakes with Cream Cheese, "Crazy Hair" Shredded Carrots and Pepper Slices PM: Miss Tina's Choice
12 AM: Toasted Pita with Hummus PM: Banana with Nutella for dipping	13 AM: Kiwi and Strawberry Slices PM: Peach Yogurt and Dried Fruit	14 AM: Cheese Stick PM: Broccoli with Italian Dressing	15 AM: Ants on a Log PM: Toasted Bagel with Cream Cheese	16 AM: Pear Pinwheels PM: Miss Tina's Choice
19 AM: Sweet Potato, Apple Cranberry Bake PM: Cucumber Sticks and French Dressing	20 AM: Red and Yellow Pepper Slices with Hummus PM: Rice Cakes with Almond Butter and Banana	21 Winter Solstice Flashlight Day AM: Cutie Oranges PM: Whole Wheat Tortilla with Cream Cheese and Turkey Roll "Flashlights"	22 AM: Strawberry Banana Candy Canes PM: Miss Tina's Choice	23 <i>Closed for Christmas</i>
26 <i>Closed for Christmas</i>	27 AM: Pomegranates and Cheese Sticks PM: Apple, Peanut Butter and Raisin Sandwiches	28 AM: Celery and Cream Cheese "Bobsleds" PM: Fiber One Granola Bars	29 AM: Multigrain Cheerios PM: Yogurt Covered Frozen Blueberries	30 AM: Turkey Slices with Cucumber Chips 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.