



DECEMBER 2017 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM: Hard Boiled Eggs PM: Miss Tina's Choice
4 AM: Baked Tostitos and Guacamole PM: Peanut Butter and Honey Sandwiches	5 AM: Sticks and Stones PM: Cucumber Sticks and French Dressing	6 AM: Mozzarella Cheese Sticks PM: Yogurt Covered Frozen Blueberries	7 AM: Turkey Rollers PM: Kashi Chocolate Almond Sea Salt with Chia Granola Bars	8 AM: Rice Cakes with Cream Cheese PM: Miss Tina's Choice
11 AM: Toasted Pita with Melted Cheese PM: Lemon Fiber One Bars	12 AM: Yogurt with Dried Fruit PM: Nutella and Berry Burritos	13 AM: Multigrain Cheerios PM: Colby Cheese Stick and Cutie Oranges	14 AM: Ants on a Log PM: Blueberry Bagel	15 AM: Tropical Smoothie PM: Miss Tina's Choice
18 AM: Sweet Potato, Apple Cranberry Bake PM: Annie's Chocolate Chip Organic Chewy granola bars	19 AM: Red and Yellow Pepper Slices with Ranch Dressing for dipping PM: English Muffins with Cream Cheese and Kiwi	20 AM: Cutie Oranges PM: Apple, Peanut Butter and Raisin Sandwiches	21 Winter Solstice Flashlight Day AM: Strawberry Banana Candy Canes PM: Whole Wheat Tortilla with Cream Cheese and Turkey Roll "Flashlights"	22 AM: Pomegranates and Cheese Sticks PM: Miss Tina's Choice
25 	26 	27 AM: Celery and Cream Cheese "Bobsleds" PM: Fiber One Fudge Bars	28 AM: Lemon Blueberry Drop Scones PM: Frozen Banana Almond Butter Bites	29 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.