

# FEBRUARY 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
ALL FRUIT AS AVAILABLE WITH WINTER AVAILABILITY				<b>1</b> RAISINS AND DRY CEREAL  FROZEN YOGURT BANANA POPS; CRACKERS (1'S CEREAL)
<b>4</b> POPCORN  CELERY AND PEANUT BUTTER (1'S BREAD)	<b>5</b> 3 INGREDIENT POWER BALLS FRUIT SALSA AND WHOLE GRAIN CHIPS (1'S BREAD)	<b>6</b> BLUEBERRY MANDELBROT  OAT BREAD AND APPLESAUCE	<b>7</b> CARROTS (1'S STEAMED) AND SALSA  VEGGIE TRAY AND CHEESE (TOMATOES, CUCUMBERS, ZUCCHINI)	<b>8</b> ANIMAL CRACKERS  CHEESE TORTILLAS
<b>11</b> BREAKFAST COOKIES  BLACK BEAN, TOMATO AND RICE SALAD	<b>12</b> PRETZELS (1'S BREAD WITH JELLY)  MACARONI SALAD WITH CHEESE	<b>13</b> GRAHAM CRACKERS  PUMPKIN/BANANA SMOOTHIE AND CRACKERS	<b>14</b> ZOODLES SALAD  ENGLISH MUFFIN FRUIT PIZZA	<b>15</b> CREAM CHEESE DIP AND APPLES  SPOTTED PUP
<b>18</b> BANANAS  FARRO CRANBERRY MINT SALAD WITH LIME	<b>19</b> CINNAMON RAISIN BREAD  HUMMUS AND CRACKERS (BREAD FOR 1'S)	<b>20</b> LEMON POPPYSEED BREAD  EGG SALAD SANDWICHES	<b>21</b> CHEESE STICKS  BREAD STICKS AND MARINARA	<b>22</b> WW BREAD AND JELLY  CUCUMBERS WITH BEAN DIP
<b>25</b> APPLES  WW BREAD AND SEASONAL FRUIT SALAD	<b>26</b> NO BAKE CHOCOLATE SNACK BALLS  BAKED CHEESE POCKETS	<b>27</b> RICE CAKES  PEANUT BUTTER BANANA HOT DOGS	<b>28</b> DROP BISCUITS AND JELLY  CAULIFLOWER AND BROCCOLI WITH CHEESE	

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.