

FEBRUARY 2020 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 PEANUT BUTTER OAT BALLS CARROTS (CUCUMBERS 1'S) AND HUMMUS	4 APPLE BARS EGG AND CRACKERS (1'S BREAD)	5 HEALTHY OAT COOKIES FUNKY MONKEY SMOOTHIE	6 EGGS CHOCOLATE GRAIN BARS	7 CEREAL MACARONI SALAD
10 BANANA HOT DOGS PRETZELS (1'S BREAD); PEARS	11 HOMEMADE GRAHAM CRACKERS FROZEN FRUIT POPS; CRACKERS	12 PINEAPPLE VEGGIE PLATTER; WHOLE WHEAT BREAD	13 CHEESE STICKS CRAISINS AND WHOLE WHEAT ROLLS	14 POPCORN (1'S CEREAL) PEANUT BUTTER JELLY SANDWICHES
17 MANDARIN ORANGES CAULIFLOWER AND BROCCOLI SPEARS WITH HUMMUS	18 BANANAS ZUCCHINI MUFFINS	19 CORNBREAD WITH HONEY LEMON BARS	20 ANIMAL CRACKERS CARROTS WITH RANCH; CRACKERS	21 Closed for Staff In-Service and Professional Development
24 ORANGE SMOOTHIE EGG AND APPLES	25 RAISINS CHEESE AND BREAD	26 PEARS MELON SALAD AS AVAILABLE; WHOLE WHEAT BREAD	27 APPLES FROZEN BANANA POPS	28 SWEET POTATO FRIES RICE CAKES

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

