

# FEBRUARY 2018 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>AM</b> Strawberries and Grapes <b>PM</b> Whole Wheat English Muffin & Jelly	<b>2</b> <b>AM</b> Apple Slices <b>PM</b> Miss Tina's Choice
<b>5</b> <b>AM:</b> Ants on a Log <b>PM:</b> Toasted Whole Wheat Pita with Strawberry Cream Cheese	<b>6</b> <b>AM:</b> Popcorn Cauliflower <b>PM:</b> Sticks and Stones	<b>7</b> <b>AM:</b> Tropical Smoothie <b>PM:</b> Baked Tostitos and Salsa	<b>8</b> <b>AM:</b> Cottage Cheese and Mango Slices <b>PM:</b> Fiber One Blueberry Streusel Bars	<b>9</b> <b>AM:</b> Celery, Cream Cheese and Sunflower Seeds <b>PM:</b> Miss Tina's Choice
<b>12</b> <b>AM:</b> Alexia Sweet Potato Fries <b>PM:</b> Hummus and carrots	<b>13</b> <b>AM:</b> Honey Nut Cheerios <b>PM:</b> Apple, Peanut Butter and Raisin Sandwiches	<b>14</b> <b>AM:</b> Nutella and Strawberry Burritos <b>PM:</b> Pears and Cheddar Cheese	<b>15</b> <b>AM:</b> Turkey Slices with Cucumber "Buttons" <b>PM:</b> Zucchini Muffins	<b>16</b> <b>AM:</b> Cutie Oranges and Hard Boiled Eggs <b>PM:</b> Miss Tina's Choice
<b>19</b> <b>AM:</b> Fiber One Lemon Bars <b>PM:</b> Cheese sticks	<b>20</b> <b>AM:</b> Apple Cheerios and Dried Apricots <b>PM:</b> Yogurt Covered Frozen Blueberries	<b>21</b> <b>AM:</b> Cucumber Chips and French Dressing <b>PM:</b> Pumpkin Muffins	<b>22</b> <b>AM</b> Frogs in a Pond <i>(Rice Cakes, Cream Cheese, Green Grapes)</i> <b>PM</b> Fiber One Fudge Bars	<b>23</b> <b>AM</b> Apple Merry-Go-Rounds <b>PM</b> Miss Tina's Choice
<b>26</b> <b>AM:</b> Mozzarella Caterpillars (cheese sticks :) <b>PM:</b> Bagels with Cream Cheese	<b>27</b> <b>AM:</b> Rice cakes Fruit Pizza <b>PM:</b> Lemon Blueberry Drop Scones	<b>28</b> <b>AM:</b> Valentine Chex Mix <b>PM:</b> Fruit and Oat snack mix		

\*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.

