

# JANUARY 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>2</b> HARD BOILED EGGS  CUCUMBERS IN RANCH; WHOLE WEHAT BREAD	<b>3</b> SOFT BAKED PRETZELS  FROZEN BANANA POPS WITH PEANUT BUTTER	<b>4</b> POPCORN (BREAD 1'S)  APPLES; WHOLE WHEAT BREAD AND JELLY
<b>7</b> WHOLE WHEAT HEALTHY COOKIES  CHEESE AND CELERY (1'S ZUCCHINI)	<b>8</b> SWEET POTATO FRIES  CARROTS AND CUCUMBERS IN HUMMUS	<b>9</b> LEMON POPPYSEED BREAD  PEARS AND WHOLE GRAIN CRACKERS (1'S BREAD)	<b>10</b> ANIMAL CRACKERS  SEASONAL FRUIT SALAD WITH WHOLE WHEAT DINNER ROLLS	<b>11</b> PRETZELS (1'S CEREAL)  PEANUT BUTTER OAT POWER BALLS
<b>17</b> CANTALOUPE (IF AVAILABLE)  PEANUT BUTTER APPLE SANDWICHES	<b>15</b> CINNAMON RAISIN BREAD CHEESEY ENGLISH MUFFINS	<b>16</b> PUMPKIN MUFFINS  EGG SALAD SANDWICHES	<b>17</b> APPLESAUCE  BANANA HONEY (1's Jelly)TORTILLA WRAPS	<b>18</b> GRAHAM CRACKERS  CELERY WITH PEANUT BUTTER (1'S BREAD)
<b>21</b> APPLE/CINNAMON RICE CAKES (1'S THIN RICE CAKES AND JELLY)  MACARONI SALAD	<b>22</b> PINWHEELS FRUIT/VEGGIE SMOOTHIES WITH WHOLE GRAIN CRACKERS (1'S CEREAL)	<b>23</b> APPLES  FROZEN FRUIT SLUSHEES WITH WHOLE WHEAT BREAD	<b>24</b> BANANA BREAD  WHOLE GRAIN CRACKERS AND CUCUMBERS	<b>25</b> CHEDDAR CRACKERS  WHOLE WHEAT MUFFINS; RAISINS
<b>28</b> ORANGES VEGGIE SALSA WITH WHOLE GRAIN CHIPS; (1'S WHOLE GRAIN BREAD WITH APPLE SAUCE)	<b>29</b> CHEESE STICKS  PEANUT BUTTER JELLY SANDWICHES	<b>30</b> CEREAL  PEPPERS AND ZUCCHINI IN HUMMUS	<b>31</b> MELONS AS AVAILABLE  CAULIFLOWER AND BROCCOLI WITH CHEESE	 Golden Rule Grocers

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.