

JANUARY 2020 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 RAISINS SOFT ROLLS AND BUTTER	3 POPCORN (BREAD 1'S) BAKED FRUIT AND GRAIN BARS
6 OATY HEALTHY COOKIES CHEESE AND APPLES	7 SWEET POTATO FRIES CARROTS AND CUCUMBERS IN HUMMUS	8 LEMON POPPYSEED BREAD PEARS AND WHOLE GRAIN CRACKERS (1'S BREAD)	9 ANIMAL CRACKERS SEASONAL FRUIT SALAD	10 PRETZELS (1'S ANIMAL CRACKERS) PEANUT BUTTER OAT POWER BALLS
13 CANTALOUPE (IF AVAILABLE) PEANUT BUTTER SANDWICHES	14 CINNAMON RAISIN BREAD CHEESEY ENGLISH MUFFINS	15 PINEAPPLE PUMPKIN MUFFINS	16 APPLESAUCE CELERY WITH PEANUT BUTTER DIP (1'S BREAD)	17 Closed for Staff In-Service
20 RICE CAKES (1'S THIN RICE CAKES AND JELLY) MACARONI SALAD	21 CRAISINS FRUIT/VEGGIE SMOOTHIES WITH WHOLE GRAIN CRACKERS (1'S CEREAL)	22 APPLES TUNA SANDWICHES	23 PB HONEY TORTILLAS VEGGIE AND CHEESE TRAYS	24 CHEDDAR CRACKERS WHOLE WHEAT RAISIN MUFFINS
27 CEREAL PEANUT BUTTER JELLY SANDWICHES	28 CHEESE STICKS PEPPERS AND ZUCCHINI IN HUMMUS	29 CARROTS PUMPKIN PUREE AND PRETZELS	30 MELONS AS AVAILABLE CAULIFLOWER AND BROCCOLI WITH RANCH	31 HARD BOILED EGGS FROZEN BANANA ICE CREAM

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