


JULY 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM: Watermelon Slices PM: Miss Tina's Choice
4 Closed for Independence Day 	5 AM: Ants on a log (Celery, almond butter, raisins) PM: Whole Wheat Bread with Grape Preserves	6 AM: Carrot Sticks PM: Frozen Nutty Banana Nibblers	7 AM: Alexia's Sweet Potato Fries PM: Tomato and Mozzarella Caterpillars	8 AM: Kix and Golden Raisin Mix PM: Miss Tina's Choice
11 AM: Peach Smoothie PM: Zucchini with Low Fat French Dressing	12 AM: Craisin and Oat Mix PM: Whole Wheat English Muffins with Nutella	13 AM: Tomato and Cheese Nachos PM: Fresh Snap Peas	14 AM: Banana Boats PM: Colby Cheese Stick and Apple Slices	15 Parade Day AM: Strawberry Nutrigrain Bar PM: Miss Tina's Choice
18 AM: Cutie Oranges PM: Swiss Cheese Slices with Reduced Fat Triscuit Crackers	19 AM: Fresh Broccoli and Reduced Fat Ranch Dressing PM: Apple Rice Cakes with Nutella and Apricots	20 AM: Apple Slices PM: Deli Turkey Breast on Cucumber Slices	21 AM: Fresh Cantaloupe PM: Yogurt Dipped Frozen Blueberries	22 AM: Tropical Smoothie (made with Coconut Milk) PM: Miss Tina's Choice
25 AM: Hard Boiled Eggs and Toasted Pita PM: Honeydew	26 AM: Ladybugs on a Leaf (Celery, Strawberry Cream Cheese and Craisins) PM: Frozen Pineapple	27 AM: Sliced Grapes and Multigrain Cheerios PM: Apple Lady Bugs	28 AM: Baked Tortilla Chips and Salsa (Corn Chex for 1-2 year olds) PM: Cinnamon Raisin Swirl Bagels with Jelly	29 AM: Kix Cereal and Dried Fruit PM: Miss Tina's Choice

*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 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.