



# JULY 2017 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <b>AM:</b> Ants on a log (Celery, almond butter, raisins) <b>PM:</b> Whole Wheat Bread with Grape Preserves</p>	<p>4 <b>Closed for Independence Day</b></p> 	<p>5 <b>AM:</b> Carrot Sticks <b>PM:</b> Sticks and Stones</p>	<p>6 <b>AM:</b> Alexia's Sweet Potato Fries <b>PM:</b> Tomato and Mozzarella Caterpillars</p>	<p>7 <b>AM:</b> Strawberries and Kiwi <b>PM:</b> Miss Tina's Choice</p>
<p>10 <b>AM:</b> Tropical Smoothie (made with Coconut Milk) <b>PM:</b> Zucchini dipped in French Dressing</p>	<p>11 <b>AM:</b> Craisin and Oat Mix <b>PM:</b> Whole Wheat English Muffins with Nutella</p>	<p>12 <b>AM:</b> Toasted Pita Pizzas <b>PM:</b> Kashi Granola Bars</p>	<p>13 <b>AM:</b> Banana Boats <b>PM:</b> Colby Cheese Stick and Apple Slices</p>	<p>14 <b>Parade Day</b> <b>AM:</b> Strawberry Nutrigrain Bar <b>PM:</b> Miss Tina's Choice</p>
<p>17 <b>AM:</b> Apple Slices <b>PM:</b> Fish in a Pond (Rice Cakes, Strawberry Cream Cheese, Craisins)</p>	<p>18 <b>AM:</b> Fresh Broccoli and Reduced Fat Ranch Dressing <b>PM:</b> Dried Fruit and Cereal</p>	<p>19 <b>AM:</b> Nectarines <b>PM:</b> Provolone Cheese Slices with Blue Diamond Nut Thins</p>	<p>20 <b>AM:</b> Fresh Cantaloupe <b>PM:</b> Yogurt Dipped Frozen Blueberries</p>	<p>21 <b>AM:</b> Colby Cheese Sticks <b>PM:</b> Miss Tina's Choice</p>
<p>24 <b>AM:</b> Hard Boiled Eggs <b>PM:</b> Apple Rice Cakes with Nutella and Apricots</p>	<p>25 <b>AM:</b> Ladybugs on a Leaf (Celery, Strawberry Cream Cheese and Craisins) <b>PM:</b> Frozen Pineapple</p>	<p>26 <b>AM:</b> Sliced Grapes and Multigrain Cheerios <b>PM:</b> Apple Lady Bugs</p>	<p>27 <b>AM:</b> Baked Tortilla Chips and Guacamole (Corn Chex for 1-2 year olds) <b>PM:</b> Cinnamon Raisin Swirl Bagels with Jelly</p>	<p>28 <b>AM:</b> Kix Cereal and Dried Fruit <b>PM:</b> Miss Tina's Choice</p>
<p>31 <b>AM:</b> Frozen Nutty Banana Nibblers <b>PM:</b> Nutella and Jelly mini Snack Burritos</p>				

\*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.