



JULY 2018 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHEESE STICKS ORANGES AND WHOLE WHEAT CRACKERS (1'S BREAD)	3 CANTALOUPE ANTS ON A LOG (1'S RAISINS AND CAULIFLOWER)	4 CLOSED	5 CLOSED	6 CLOSED
9 OAT POWER BALLS CINNAMON RAISIN BREAD WITH PEANUT BUTTER	10 CELERY STICKS WITH RANCH (1'S ZUCCHINI) "HOT DOG" PEANUT BUTTER BANANAS	11 HARD BOILED EGGS BROCCOLI AND ZUCCHINI WITH HUMMUS	12 POPCORN TRAIL MIX (WITH CEREAL FOR 1'S) FRUIT AND HONEY BURRITOS ON WHOLE WHEAT TORTILLAS	13 PARADE DAY WHOLE GRAIN CRACKERS (1'S CEREAL) GRAPES WITH WHOLE GRAIN PRETZELS (1'S BREAD)
16 CINNAMON RAISIN BREAD WHOLE GRAIN TORTILLA CHIPS WITH TOMATO SALSA; BANANAS	17 CARROT STICKS (1'S STEAMED) FRUIT SMOOTHIE WITH OAT CRISP	18 CHEESE STICKS 7 GRAIN BLUEBERRY MUFFINS; ORANGES	19 CHEESE QUESADILLAS ZUCCHINI MUFFINS AND ORANGES	20 CINNAMON RICE CAKES (THIN RICE CAKES 1'S) BANANAS WITH PEANUT BUTTER SANDWICHES
23 WHOLE GRAIN CRACKERS (1'S CEREAL) WHOLE GRAIN ROLL; FRUIT SORBET	24 CANTALOUPE FRUIT SALASA WITH MULTIGRAIN CHIPS (1'S BREAD)	25 WHOLE WHEAT MUFFINS BROCCOLI RAISIN SALAD WITH WHOLE WHEAT BREAD	26 TROPICAL SMOOTHIE PASTA SALAD WITH WHOLE GRAIN PASTA, CHEESE, AND PEAS	27 CANTALOUPE WATERMELON; WHOLE WHEAT CRACKERS
30 ORANGES PEANUT BUTTER OATMEAL BARS; RAISINS	31 BREADSTICKS IN MARINARA GREEN BEANS/ CARROTS IN HUMMUS (1'S STEAMED)			

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. 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.