

JULY 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 WHOLE GRAIN CEREAL CHEESE BREAD	2 APPLESAUCE FROZEN BANANA POPS	3 CLOSED FOR SUMMER BREAK	4 Closed for Independence Day 	5 CLOSED FOR SUMMER BREAK
8 PRETZELS (1'S CEREAL) BEAN DIP AND WHOLE GRAIN CHIPS (1'S BREAD)	9 MELON SALAD PB HONEY QUESADILLA STYLE	10 RICE CAKES (1'S THINS) FRUIT SMOOTHIES; WHOLE WHEAT BREAD	11 LEMON POPPY SEED BREAD SPOTTED PUP	12 CLOSED for WYO PARADE DAY 
15 RAISINS FROZEN FRUIT POPS and WHOLE GRAIN CRACKERS (1'S CEREAL)	16 TROPICAL SMOOTHIE EGGS WITH WHOLE WHEAT BREAD	17 POPCORN (1'S CEREAL) OAT MUFFINS; FRESH FRUIT SALAD	18 PINEAPPLE BROCCOLI AND CAULIFLOWER SPEARS WITH RANCH; WHOLE WHEAT BREAD	19 WHOLE WHEAT ENGLISH MUFFINS AND BUTTER HUMMUS WITH CUCUMBERS AND PEPPERS
22 APPLES WHOLE WHEAT BAGELS; EGGS	23 BREADSTICKS WITH MARINARA PEANUT BUTER OATMEAL POWER BITES	24 ANNIE'S CHEESE CRACKERS MELON MIN RICE SALAD	25 CELERY AND CARROT STICKS IN RANCH CHEESE AND CRACKERS (1'S BREAD)	26 RICE CAKES (1's thins) FROZEN BANANA PEANUT BUTTER SANDWICHES
29 BANANAS TUNA FISH SANDWICHES	30 EGGS CHICKPEA CHOCOLATE BROWNIES	31 CHEESE SLICES BANANA OAT "COOKIE" BALLS—NO SUGAR ADDED		

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. Fruits and Vegetables may change based on availability.