


JUNE 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM: Toasted Pita Wedges with Parmesan Cheese PM: Sliced Grapes and Cheerios	2 AM: Alexia's Sweet Potato Fries PM: Strawberry/Vanilla Yogurt Bars	3 AM: Mango Slices and Low Fat String Cheese PM: Miss Tina's Choice
6 AM: Fresh Blackberries and Pear Slices PM: Popcorn Cauliflower	7 AM: Bananas PM: Whole Wheat Tortilla and Peanut Butter and Jelly Rolls	8 AM: Cucumber Sticks and French Dressing PM: Baked Tortilla Chips (Corn Chex for 1-2 year olds) and Salsa	9 AM: Tropical Smoothie (made with Coconut Milk) PM: Whole Wheat Bagels with Nutella	10 AM: Toasted Whole Wheat English Muffins & Honey PM: Miss Tina's Choice
13 AM: Carrot Sticks PM: Dried Apple and Honey Nut Chex Cereal Mix	14 AM: Quick and Crunchy Trail Mix PM: Pear Pin Wheels	15 AM: Banana Boats PM: Whole Wheat Bagels with Apple Butter	16 AM: Ladybugs on a Leaf PM: Fiber One Brownie Bars	17 AM: Hard Boiled Eggs PM: Miss Tina's Choice
20 AM: Oranges PM: Swiss Cheese Slices with Reduced Fat Triscuit Crackers	21 AM: Peach Smoothie PM: Kix Cereal and Dried Fruit	22 AM: Fresh Broccoli and Reduced Fat Ranch Dressing PM: Banana and Peanut Butter Whole Wheat Bagels	23 AM: Fresh Cantaloupe PM: Yogurt Dipped Frozen Blueberries and Strawberries	24 AM: Fresh Yellow and Red Pepper Strips and Hummus for Dipping PM: Miss Tina's Choice
27 AM: Cottage Cheese PM: Toasted Cinnamon Raisin Bagels	28 AM: Apples with Peanut Butter PM: Bunnies in the Field (celery, cream cheese, bunny crackers)	29 AM: Turkey and Cucumber Sticks PM: Fiber One Granola Bars	30 AM: Rice Cakes and Nutella PM: Frozen Nutty Banana Nibblers	

*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.