

JUNE 2017 SNACK MENU

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

