

# JANUARY 2017 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>AM:</b> Vanilla Greek Yogurt <b>PM:</b> Strawberry Nutri-Grain Bars	3 <b>AM:</b> Miss Tina's choice <b>PM:</b> Kix Cereal and Dried Cranberries	4 <b>AM:</b> Bananas <b>PM:</b> Whole Wheat English Muffin with Honey (under 2 jelly)	5 <b>AM:</b> Cheese Quesadilla <b>PM:</b> Chex Cereal and Dried Apricots	6 <b>AM:</b> Apple and Oat Square Mix <b>PM:</b> Miss Tina's Choice
9 <b>AM:</b> Green Grapes <b>PM:</b> Zucchini With Ranch Dressing & Cheddar Cheese Cubes	10 <b>AM:</b> Mango and Cheerios <b>PM:</b> Apples with Peanut Butter for Dipping	11 <b>AM:</b> Turkey and Cucumber Sticks <b>PM:</b> Cinnamon Raisin Bagels	12 <b>AM:</b> Banana and Pear Caterpillar <b>PM:</b> Cauliflower and Hummus for Dipping	13 <b>AM:</b> Clementine Oranges <b>PM:</b> Miss Tina's Choice
16 <b>AM:</b> Sticks and Stones <b>PM:</b> Reduced Sodium Turkey Slices & Cheese Sticks	17 <b>AM:</b> Kiwi & Strawberry Slices <b>PM:</b> Whole Wheat Bagel Pizzas	18 <b>AM:</b> Ants on a Log <b>PM:</b> Kashi Chocolate Almond Sea Salt with Chia Granola Bars	19 <b>AM:</b> Honey Nut Cheerios <b>PM:</b> Rice Cakes and Cream Cheese	20 <b>AM:</b> Popcorn Cauliflower <b>PM:</b> Miss Tina's Choice
23 <b>AM:</b> Parmesan-Crusted Zucchini Fries <b>PM:</b> Fiber One Granola Bar	24 <b>AM:</b> Toasted Pita with Provolone Cheese <b>PM:</b> Apple, Peanut Butter and Raisin Sandwiches	25 <b>AM:</b> Sweet Potato Fries <b>PM:</b> Rice Cakes with Nutella	26 <b>AM:</b> Frozen Yogurt Covered Blueberries <b>PM:</b> Celery Sticks with Hummus and Sunflower Seeds	27 <b>AM:</b> Pear Slices <b>PM:</b> Miss Tina's Choice
30 <b>AM:</b> Cheese Sticks <b>PM:</b> Carrots with French Dressing	31 <b>AM:</b> Banana Boats <b>PM:</b> Marinated Jicama Sticks			

\*All fruits and vegetables are fresh. Any grain should 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 should be low fat or fat free. All snacks served with water unless otherwise noted. \*\*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.