

JANUARY 2018 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 AM: Miss Tina's Choice PM: Strawberry Nutri-Grain Bars	3 AM: Hard Boiled Eggs PM: Whole Wheat English Muffin with jelly	4 AM: Cheese Quesadilla PM: Chex Cereal and Dried Apricots	5 AM: Apple and Oat Square Mix PM: Miss Tina's Choice
8 AM: Green Grapes PM: Zucchini With Ranch Dressing	9 AM: Mango and Cheerios PM: Apples with Peanut Butter for Dipping	10 AM: Turkey and Cucumber Sticks PM: Cinnamon Raisin Bagels	11 AM: Banana and Pear Caterpillar PM: Cauliflower and Hummus for Dipping	12 AM: Clementine Oranges PM: Miss Tina's Choice
15 AM: Sticks and Stones PM: Reduced Sodium Turkey Slices & Cheese Sticks	16 AM: Kiwi & Strawberry Slices PM: Whole Wheat Bagel Pizzas	17 AM: Ants on a Log PM: Kashi Chocolate Almond Sea Salt with Chia Granola Bars	18 AM: Honey Nut Cheerios PM: Rice Cakes and Cream Cheese	19 AM: Popcorn Cauliflower PM: Miss Tina's Choice
22 AM: Parmesan-Crusted Zucchini Fries PM: Fiber One Granola Bar	23 AM: Hard Boiled Eggs PM: Apple, Peanut Butter and Raisin Sandwiches	24 AM: Sweet Potato Fries PM: Rice Cakes with Nutella	25 AM: Frozen Yogurt Covered Blueberries PM: Cereal and Dried Fruit	26 AM: Pear Slices PM: Miss Tina's Choice
29 AM: Cheese Sticks PM: Carrots with French Dressing	30 AM: Banana Boats PM: Celery with Hummus and Sunflower Seeds	31 AM: Honey Nut Rice Chex PM: Fiber One Lemon Bars		

*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.