

MARCH 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
ALL FRUIT AS AVAILABLE WITH WINTER AVAILABILITY				1 RICE CAKES (1'S THINS) ENGLISH MUFFIN FRUIT PIZZA WITH PEANUT BUTTER
4 BANANA BREAD HARD BOILED EGGS AND BUTTERED BREAD	5 3 INGREDIENT POWER BALLS CUCUMBERS AND ZUCCHINI SPEARS WITH WHOLE GRAIN CRACKERS (1'S BREAD)	6 ZUCCHINI MUFFNS CHEESE TORTILLAS	7 ANIMAL CRACKERS FARRO CRANBERRY MINT SALAD WITH LIME	8 APPLESAUCE FROZEN YOGURT BANANA POPS; ENGLISH MUFFINS
11 PUMPKIN MUFFINS EGG SALAD SANDWICHES	12 PRETZELS (1'S BREAD WITH JELLY) PIZZA TOAST WITH CHEESE	13 ANNIE'S ORGANIC CHEESE CRACKERS SPOTTED PUP	14 BAKED HONEY BANANAS RICE CAKE FRUIT PIZZA	15 SWEET POTATO FRIES ORANGES WITH JELLIED TOASTED ENGLISH MUFFINS
18 BANANAS CHOCOLATE HUMMUS WITH APPLES	19 APPLE "COOKIES" WITH PEANUT BUTTER AND RAISINS VEGGIE SALSA WITH WHOLE GRAIN CHIPS (1'S BREAD)	20 LEMON POPPYSEED BREAD VEGGIE TRAY AND CHEESE (TOMATOES, CUCUMBERS, ZUCCHINI)	21 CARROTS (1'S STEAMED) AND SALSA CELERY AND PEANUT BUTTER (1'S BREAD)	22 POPCORN (BREAD 1'S) PB AND JELLY SANDWICHES
25 APPLES BLUEBERRY GREEN SMOOTHIE AND WHOLE WHEAT BREAD WITH BUTTER	26 NO BAKE CHOCOLATE SNACK BALLS FROZEN FRUIT POPS AND CRACKERS (BREAD'S BREAD)	27 CINNAMON RAISIN BREAD AND JELLY SOFT PRETZELS AND CHEESE	28 CEREAL CAULIFLOWER AND BROCCOLI WITH CHEESE AND SALSA	29 HEALTHY SNACK COOKIES PEANUT BUTTER OAT POWER BALLS

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.