


# MAY 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>AM:</b> Apple Cheerios and Dried Apricots  <b>PM:</b> Fiber One Granola Bars	<b>3</b> <b>AM:</b> Sweet Potato Fries  <b>PM:</b> Fruit & Kix Snack Mix	<b>4</b> <b>AM:</b> Fresh Blackberries and Mango  <b>PM:</b> Banana & Quaker Oatmeal Squares (Cheerios for age 1-2)	<b>5</b> <b>AM:</b> Tropical Smoothie (with coconut milk)  <b>PM:</b> Whole Wheat Bagels w/Low Fat Strawberry Cream Cheese	<b>6</b> <b>AM:</b> Deli Turkey Slices and Cucumber  <b>PM:</b> Miss Tina's Choice
<b>9</b> <b>AM:</b> Toasted English Muffin with Raspberry Preserves  <b>PM:</b> Ham Rollers	<b>10</b> <b>AM:</b> Fish in a Stream (Celery with herbed cream cheese and fish crackers)  <b>PM:</b> Honey Nut Cheerios and Dried Cherries	<b>11</b> <b>AM:</b> Cauliflower and French Dressing  <b>PM:</b> Apple Slices and Peanut Butter	<b>12</b> <b>AM:</b> Fresh Kiwi and Strawberry Slices  <b>PM:</b> Fiber One Lemon Bars	<b>13</b> <b>AM:</b> Cheese sticks and Cherry tomatoes  <b>PM:</b> Miss Tina's Choice
<b>16</b> <b>AM:</b> Mandarin Oranges  <b>PM:</b> Whole Wheat Pita Cheese Slices	<b>17</b> <b>AM:</b> Peach Smoothie  <b>PM :</b> Toasted Whole Wheat English Muffin with Honey	<b>18</b> <b>AM:</b> Frozen Blueberries and Vanilla Greek Yogurt <b>PM:</b> Kellogg's® Strawberry Nutri-Grain Bars	<b>19</b> <b>AM:</b> Sliced Cantaloupe  <b>PM:</b> Rice Chex and Green Grape Slices	<b>20</b> <b>AM:</b> Apple Cheerios and Dried Apricots <b>PM:</b> Miss Tina's Choice
<b>23</b> <b>AM:</b> Frozen Banana Nut Nibblers <b>PM:</b> Cinnamon Raisin Bread	<b>24</b> <b>AM:</b> Apple Merry-Go-Round <b>PM:</b> Baked Tostitos with Guacamole (ages 1-2) Corn Chex and Avocado	<b>25</b> <b>AM:</b> Peach Yogurt <b>PM:</b> Rice Cakes and Nutella	<b>26</b> <b>AM:</b> Raspberries and Pears <b>PM:</b> Whole Wheat Toast with Peanut Butter	<b>27</b> <b>AM:</b> Pepper Slices and Hummus <b>PM:</b> Miss Tina's Choice
<b>30</b>  <p style="text-align: center;"><b>CLOSED FOR MEMORIAL DAY</b></p>	<b>31</b> <b>AM:</b> Pear Pinwheels <b>PM:</b> Fresh Asparagus and French Dressing	 <p style="font-size: small;">EARLY EDUCATION CENTER</p>		

\*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 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.