


# MARCH 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>AM:</b> Fiber One® Granola Bars  <b>PM:</b> Turkey Rollers	2 <b>AM:</b> Tropical Smoothie  <b>PM:</b> Quick & Crunchy Trail Mix	3 <b>AM:</b> Whole Wheat Bread with Low Fat Preserves <b>PM:</b> Banana Boats	4 <b>AM:</b> Low Fat Mozzarella String Cheese <b>PM:</b> Miss Tina's Choice
7 <b>AM:</b> Avocado and Hard Boiled Egg  <b>PM:</b> Cinnamon Raisin Bread	8 <b>AM:</b> Reduced Fat Cheddar Cheese Stick & Kiwi Fruit <b>PM:</b> Frozen Greek Yogurt Berries	9 <b>AM:</b> Dried Mango and Kix Cereal  <b>PM:</b> Nature Valley Yogurt Bars	10 <b>AM:</b> Sweet Potatoes and Apples  <b>PM:</b> Carrot Sticks and Hummus	11 <b>Johnny Appleseed day</b> <b>AM:</b> Lady Bug Apples  <b>PM:</b> Miss Tina's Choice
14 <b>Learn About Butterflies day</b> <b>AM:</b> Create a Butterfly (Pretzel rods, Clementine oranges, craisins) <b>PM:</b> Toasted English Muffin with Honey	15 <b>Incredible kid day</b> <b>AM:</b> Honeydew  <b>PM:</b> Honey Nut Cheerios and Bananas	16 <b>AM:</b> Mini Rice Cakes and Dried Apricots <b>PM:</b> Whole Wheat Bagels with Peanut Butter	17 <b>AM:</b> Kiwi, Green Grapes Shamrocks  <b>PM:</b> Cucumber Slices Low Fat Cheese Sticks	18 <b>AM:</b> Kashi Sprouted Grains Cereal with Dried Fruit <b>PM:</b> Miss Tina's Choice
21 <b>AM:</b> Turkey and Mini Sweet Peppers  <b>PM:</b> Clementine Oranges & Multi Grain Cheerios	22 <b>AM:</b> Carrots and Ranch Dip  <b>PM:</b> Ants on a Log	23 <b>National Chip and Dip day</b> <b>AM:</b> Popcorn Cauliflower <b>PM:</b> Baked Tostitos® and Mild Salsa (corn chex and peanut butter for dip for 1's – 2's)	24 <b>AM:</b> Sticks & Stones  <b>PM:</b> Asparagus and Hummus for Dipping	25 <b>AM:</b> Pears and Cottage Cheese  <b>PM:</b> Miss Tina's Choice
28 <b>AM:</b> Sweet Potato Fries  <b>PM:</b> Strawberries	29 <b>AM:</b> Mangos and Pineapple <b>PM:</b> Pita Pockets and Deli Sliced Turkey	30 <b>AM:</b> Rice Cakes and Peanut Butter <b>PM:</b> Peach Yogurt	31 <b>AM:</b> Cinnamon Oatmeal Squares <b>PM:</b> Whole Grain Tortilla, Nutella, & Bananas	1 <b>AM:</b> Fiber One Granola Bars <b>PM:</b> Miss Tina's Choice

\*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 meals served with milk.

\*\*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.