

# MAY 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> PRETZELS (1'S BREAD) PEPPER STICKS AND HUMMUS	<b>2</b> HEALTHY OAT COOKIES WHOLE GRAIN PASTA SALAD	<b>3</b> BANANA "ICE CREAM" (FROZEN PUREED BANANAS) PINEAPPLE WITH WHOLE WHEAT CRACKERS
<b>6</b> CINNAMON RAISIN BREAD FRUIT PIZZA WHOLE WHEAT ENGLISH MUFFINS WITH CREAM CHEESE	<b>7</b> WHEAT BERRY LIME MINT SALAD NO BAKE OAT POWER BALLS	<b>8</b> BLUEBERRY MUFFINS HARD BOILED EGGS AND BREAD AND BUTTER	<b>9</b> CELERY STICKS AND DIP (1'S CUCUMBERS) BANANA PEANUT BUTTER FROZEN BITES	<b>10</b> WHOLE GRAIN CHIPS (1'S CEREAL) VEGGIE STICKS WITH CHEESE
<b>13</b> POPCORN (1'S BREAD) APPLES WITH CHOCOLATE HUMMUS DIP	<b>14</b> FROZEN BANANA PEANUT BUTTER BITES WHOLE WHEAT CARROT MUFFINS WITH RAISINS	<b>15</b> LEMON POPPYSEED SQUARES CEREAL AND RAISINS	<b>16</b> GRAHAM CRACKERS FRUIT SMOOTHIE; WHOLE WHEAT BREAD WITH BUTTER	<b>17</b> CHEESE STICKS WATERMELON WHOLE FRUIT POPSICLES WITH CEREAL
<b>20</b> PEARS CUCUMBER WHOLE WHEAT SANDWICHES	<b>21</b> TRAIL MIX (1'S CEREAL) FROZEN BANANA POPS WITH WHOLE WHEAT CRACKERS	<b>22</b> FROZEN YOGURT BANANA POPS FRESH VEGGIE SALSA WITH WHOLE GRAIN CHIPS (1'S BREAD)	<b>23</b> ANIMAL CRACKERS CHEESE QUESADILLAS	<b>24</b> Closed for In-Service
<b>27</b> 	<b>28</b> SWEET POTATO FRIES CARROTS AND CUCUMBERS IN BEAN DIP	<b>29</b> ANNIE'S ORGANIC CRACKERS APPLE PEANUT BUTTER CAROUSELS	<b>30</b> BREADSTICKS IN MARINARA SAUCE CAULIFLOWER AND BROCCOLI WITH CHEESE	<b>31</b> RICE CAKES (1'S THINS) GRAPEFRUIT SLICES WITH WHOLE GRAIN CRACKERS

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. Fruits and Vegetables may change based on availability.