

NOVEMBER 2018 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 RICE CAKES (THINS FOR 1'S) CUCUMBER SLICES WITH RANCH; WW BREAD	2 PRETZELS (1'S CEREAL) CARROTS AND HUMMUS
5 POPCORN (1'S BREAD) HARD BOILED EGGS AND CELERY STICKS IN RANCH	6 BREAD STICKS WITH MARINARA VEGGIE (ZUCCHINI, TOMATO, CUCUMBER) WW WRAPS	7 COTTAGE CHEESE WITH PINEAPPLE BERRY AND CANTALOUPE COCONUT SPREAD ON BREAD	8 CHEESE STICKS EGG SALAD SANDWICH	9 WHOLE GRAIN CRACKERS CHEESY TOAST
12 APPLE SLICES WW MUFFINS WITH PEANUT BUTTER	13 BLUEBERRY OAT BARS PEPPERS/CUCUMBERS WITH RANCH; BREAD	14 CHEESE NACHOS FRUIT SLUSHEE; WHOLE WHEAT CRACKERS	15 TRAIL MIX (1'S CEREAL) FROZEN BANANA POPS WITH PEANUT BUTTER DIP (cheese for 1's)	16 ANIMAL CRACKERS OAT BARS WITH TAHINI DIP; BANANAS
19 FROZEN FRUIT POPS CHEESY ENGLISH MUFFIN	20 PUMPKIN MUFFINS PEANUT BUTTER SANDWICHES	21 CINNAMON RAISIN BREAD AND BUTTER SUSHI RICE BALLS AND CHEESE	22 CLOSED For THANKSGIVING	23 
26 HEALTHY SNACK COOKIE APPLE SLICES WITH WHOLE GRAIN CHIPS	27 SOFT BAKED PRETZELS FUNKY MONKEY SMOOTHIES	28 CHEESE STICKS FRUITY BURRITOS (SEASONAL BERRIES, MELONS, BANANAS) ON WW TORTILLAS	29 ZUCCHINI STICKS IN RANCH PEPPERS IN HUMMUS	30 HARD BOILED EGGS CUCUMBER SANDWICHES

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. 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.