


NOVEMBER 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM: Cucumber Chips and French Dressing PM: Fiber One Fudge Bar	2 AM: Sweet Potato Fries PM: Rice Cake Fruit Pizza	3 AM: Multigrain Cheerios PM: Whole Wheat Bagels with Raspberry Preserves	4 AM: Banana Boats PM: Miss Tina's Choice
7 AM: Ants on a Log PM: Toasted Whole Wheat Pita with Strawberry Cream Cheese	8 AM: Popcorn Cauliflower PM: Nutella and Banana Burritos	9 AM: Cottage Cheese and Mango Slices PM: Baked Tostitos and Salsa	10 AM: Turkey Rollers PM: Quaker Oatmeal Squares and Vanilla Yogurt (Kix and Yogurt for ages 1-2)	11 VETERANS DAY AM: Make Your Own American Flag Toast PM: Miss Tina's Choice
14 AM: Fiber One Blueberry Streusel Bars PM: Hummus and baby carrots (Bread & Hummus for 1-2)	15 AM: Honey Nut Cheerios PM: Apple, Peanut Butter and Raisin Sandwiches	16 National Button Day AM: Turkey Slices with Cucumber "Buttons" PM: Toasted English Muffin with Honey and Banana "Buttons"	17 AM: Pear Pinwheels PM: Sticks and Stones and	18 AM: Tropical Smoothie PM: Miss Tina's Choice
21 AM: Fiber One Lemon Bars PM: Papaya and Cheese sticks	22 AM: Apple Cheerios and Dried Apricots PM: Vanilla Yogurt and Berry Berry Kix Cereal	23 AM: Thanksgiving Mix (Bugles, Rice Chex, Cherries, Gold Fish, Oatmeal Cereal Squares, Candy Corn) PM: Miss Tina's Choice	24 Closed for Thanksgiving	25 Closed for Thanksgiving
28 AM: Mozzarella Caterpillars (cheese sticks :) PM: Sweet Potato, Apple Cranberry Bake	29 AM: Rice cakes with Nutella and Banana PM: Frozen Yogurt Covered Blueberries	30 AM: Cutie Oranges PM: Fruit and Oat snack mix		

*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.