


NOVEMBER 2017 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM: Multigrain Cheerios PM: Rice Cake Fruit Pizza	2 AM: Cheese Quesadilla PM: Sticks and Stones	3 AM: Turkey and Cheese Sticks PM: Miss Tina's Choice
6 AM: Ants on a Log PM: Toasted Whole Wheat Pita with Strawberry Cream Cheese	7 AM: Popcorn Cauliflower PM: Nutella and Strawberry Burritos	8 AM: Tropical Smoothie PM: Baked Tostitos and Salsa	9 AM: Cottage Cheese and Mango Slices PM: Fiber One Blueberry Streusel Bars	10 AM: Make Your Own American Flag Toast PM: Miss Tina's Choice
13 AM: Alexia Sweet Potato Fries PM: Hummus and carrots	14 AM: Honey Nut Cheerios PM: Apple, Peanut Butter and Raisin Sandwiches	15 AM: Celery, Cream Cheese and Sunflower Seeds PM: Pears and Cheddar Cheese	16 National Button Day AM: Turkey Slices with Cucumber "Buttons" PM: Zucchini Muffins	17 AM: Cutie Oranges PM: Miss Tina's Choice
20 AM: Fiber One Lemon Bars PM: Cheese sticks	21 AM: Apple Cheerios and Dried Apricots PM: Yogurt Covered Frozen Blueberries	22 AM: Thanksgiving Mix (Bugles, Rice Chex, Cherries, Gold Fish, Oatmeal Cereal Squares, Candy Corn) PM: Pumpkin Muffins	23 Closed for Thanksgiving	24 Closed for Thanksgiving
27 AM: Mozzarella Caterpillars (cheese sticks :) PM: Bagels with Cream Cheese	28 AM: Lemon Blueberry Drop Scones PM: Rice cakes with Nutella and Banana	29 AM: Cucumber Chips and French Dressing PM: Fruit and Oat snack mix	30 AM: Apples and peanut butter PM: Toasted Pita with Jelly	

*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.