

OCTOBER 2017 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 AM: Bananas PM: Nut Thin Crackers and Cheese Sticks	3 AM: Multigrain Cheerios PM: Ants on a Log	4 AM: Frozen Yogurt Covered Blueberries PM: Cinnamon Raisin Swirl Bagels	5 AM: Tropical Smoothie (with coconut milk) PM: Rice Cakes, peanut butter and dried fruit	6 AM: Apple Smiles PM: Miss Tina's Choice
9 AM: Fruit & Kix Snack Mix PM: Flax and Sunflower Bread with Peanut Butter and Jelly	10 AM: Sweet Potato Fries PM: Deli sliced Turkey and 2% Cheddar Cheese Squares	11 AM: Snap Peas and Colby Jack Cheese Sticks PM: Apple Slices and Peanut Butter	12 AM: Fresh Kiwi and Strawberry Slices PM: KIND Granola Bar	13 AM: Fresh Blackberries and Mango PM: Miss Tina's Choice
16 AM: Pepper Slices and Hummus PM: Toasted Whole Wheat English Muffin with Honey	17 AM: Green Grapes PM: Fish in a Stream	18 AM: Pear Slices and Vanilla Greek Yogurt PM: Fiber One Granola Bars	19 AM: Baked apples and sweet potatoes PM: Rice Chex	20 AM: Zucchini Muffins PM: Miss Tina's Choice
23 AM: Cutie Oranges PM: Blueberry Bagels	24 AM: Popcorn Cauliflower PM: Peach Yogurt and Fresh Kiwi	25 AM: Fiber One Lemon Bars PM: Turkey Rollers	26 AM: Toasted Whole Wheat English Muffins with Jelly PM: Nutella and Banana Burritos	27 AM: Baked Tostitos with guacamole (ages 1-2 Corn Chex and Avocado) PM: Miss Tina's Choice
30 AM: Colby Jack Cheese Sticks PM: Kellogg's® Blueberry Nutri Grain Bar	31 Zoo Animal Day AM: Lemon Drop Scones PM: Apple Merry Go Rounds (Apple Slices, Peanut Butter & Animal Crackers)			

*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.