

# OCTOBER 2018 SNACK MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
<b>1</b> STRAWBERRY BREAD  CHEESE STICKS AND CELERY STICKS (1'S ZUCCHINI)	<b>2</b> ORGANIC ANIMAL CRACKERS  CANTALOUPE WITH WW CRACKERS (1'S BREAD)	<b>3</b> WW MUFFINS  WATERMELON AND EGGS	<b>4</b> PEAR SLICES  FRESH VEGGIE SALSA WITH WHOLE GRAIN CHIPS (1'S BREAD)	<b>5</b> CARROT STICKS (1'S COOKED)  BERRY AND BANANA SMOOTHIE; WW BREAD
<b>8</b> APPLE SLICES  ZUCCHINI IN RANCH; POPCORN (1'S BREAD)	<b>9</b> PRETZELS  PEPPERS IN HUMMUS	<b>10</b> CEREAL  CELERY WITH PEANUT BUTTER AND SUNFLOWER SEEDS	<b>11</b> RICE CAKES (THINS FOR 1'S)  CUCUMBER SLICES WITH GUACAMOLE; WHOLE GRAIN CHIPS	<b>12</b> FRUIT SALAD  CHEESY TOAST
<b>15</b> BREAD STICKS IN MARINARA SAUCE  OAT POWER BALLS	<b>16</b> CARROT MUFFINS  CANTALOUPE WITH WW BREAD AND BUTTER	<b>17</b> BANANAS  FRUIT SLUSHEE; WHOLE WHEAT CRACKERS	<b>18</b> HARD BOILED EGGS  PB JELLY SANDWICHES	<b>19</b> JELLY TOAST  CARROTS AND HUMMUS (1'S COOKED)
<b>22</b> APPLESAUCE  EGG SALAD SANDWICHES	<b>23</b> BANANA BREAD  CHEESE TORTILLAS	<b>24</b> CAULIFLOWER  TURKEY CHEESE	<b>25</b> PRETZELS  BANANA HOT DOGS	<b>26</b> TRAIL MIX (1'S CEREAL)  BEAN AND CHEESE NACHOS
<b>29</b> CINNAMON RAISIN BREAD  APPLES IN PEANUT BUTTER Bread with Peanut Butter (1's)	<b>30</b> CHEESE STICKS  GREEN PEANUT BUTTER SMOOTHIES WITH BERRIES	<b>31</b> HEALTHY OAT COOKIES  CREAM CHEESE FRUIT TORTILLAS		

\*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.