

# OCTOBER 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>AM:</b> Peach Yogurt and Fresh Kiwi <b>PM:</b> Banana & Quaker Oatmeal Squares (Cheerios for age 1-2)	<b>4</b> <b>AM:</b> Sweet Potato Fries <b>PM:</b> Rice Cakes, Nutella and Mango	<b>5</b> <b>AM:</b> Fresh Blackberries and Mango <b>PM:</b> Kellogg's® Blueberry Nutri Grain Bar	<b>6</b> <b>AM:</b> Raspberries and Bananas <b>PM:</b> Whole Wheat Bagels w/Low Fat Strawberry Cream Cheese	<b>7 <u>World Smile Day</u></b> <b>AM:</b> Apple Smiles <b>PM:</b> Miss Tina's Choice
<b>10</b> <b>AM:</b> Frozen Yogurt Covered Blueberries <b>PM:</b> Whole Wheat Bagels with Peanut Butter	<b>11</b> <b>AM:</b> Multigrain Cheerios <b>PM:</b> Fish in a Stream	<b>12</b> <b>AM:</b> Snap Peas and Colby Jack Cheese Sticks <b>PM:</b> Apple Slices and Peanut Butter	<b>13</b> <b>AM:</b> Fresh Kiwi and Strawberry Slices <b>PM:</b> Quaker Cranberry Almond Bars	<b>14</b> <b>AM:</b> Fruit & Kix Snack Mix <b>PM:</b> Miss Tina's Choice
<b>17</b> <b>AM:</b> Pepper Slices and Hummus <b>PM:</b> Toasted Whole Wheat English Muffin with Honey and Grapes	<b>18</b> <b>AM:</b> Fresh Pineapple <b>PM:</b> Deli sliced Turkey and 2% Cheddar Cheese Squares	<b>19</b> <b>AM:</b> Pear Slices and Vanilla Greek Yogurt <b>PM:</b> Fiber One Granola Bars	<b>20</b> <b>AM:</b> Sliced Cantaloupe <b>PM:</b> Rice Chex and Green Grape Slices	<b>21</b> <b>AM:</b> Apple Cheerios and Craisins <b>PM:</b> Miss Tina's Choice
<b>24</b> <b>AM:</b> Papaya and Cheese Sticks <b>PM:</b> Cinnamon Raisin Bagels and Cutie Oranges	<b>25</b> <b>AM:</b> Tropical Smoothie (with coconut milk) <b>PM:</b> Fresh Plum Slices and Slice of Whole Wheat Toast	<b>26</b> <b>AM:</b> Popcorn Cauliflower <b>PM:</b> Whole Wheat English Muffins with Hummus and Deli Turkey Slices	<b>27</b> <b>AM:</b> Baked Tostitos with Salsa (ages 1-2 Corn Chex and Avocado) <b>PM:</b> Fiber One Lemon Bars	<b>28</b> <b>AM:</b> Nutella and Banana Burritos <b>PM:</b> Miss Tina's Choice
<b>31 <b>Zoo Animal Day</b></b> <b>AM:</b> Colby Jack Cheese Sticks <b>PM:</b> 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.