


SEPTEMBER 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM: Celery and Hummus PM: Toasted Parmesan Pita Crisps and Grapes	2 AM: Orange Rounds and Carrot Sticks PM: Miss Tina's Choice
5 HAPPY LABOR DAY 	6 AM: Alexia's Sweet Potato fries PM: Whole Wheat English Muffins with Jelly	7 AM: Yellow Squash Wedges with Low Fat Ranch Dressing PM: Frozen Bananas Dipped in Orange Juice	8 AM: Hard Boiled Egg PM: Whole Wheat Tortillas with Nutella and Dried Apricots	9 <u>National Teddy Bear Day</u> AM: Build A Teddy Bear Rice Cake (Rice cake, Almond Butter, Banana, Craisins) PM: Miss Tina's Choice
12 AM: Frozen Yogurt Dipped Blueberries PM: Fiber One Fudge Brownie Bars	13 AM: Toasted Whole Wheat English Muffins with Honey PM: Baked Tostitos and Guacamole (Corn Chex & Avocado for 1-2 year olds)	14 AM: Cucumber Sticks & French Dressing PM: Apple Merry Go Rounds (Apple Slices, Peanut Butter & Animal Crackers)	15 AM: Fresh Snap Peas and Hummus for Dipping PM: Strawberry Nutri-grain Harvest Bars	16 AM: Green Apples and Almond Butter PM: Miss Tina's Choice
19 AM: Fresh Broccoli And Italian Dressing PM: Whole Wheat Bagels Pizza	20 AM: Strawberries PM: Sticks and Stones	21 AM: Colby Jack Cheese Sticks PM: Make Your Ants on a Rock (Apples, Peanut Butter and Raisins)	22 AM: Cauliflower Popcorn PM: Peanut Butter and Jelly Sandwiches	23 AM: Multigrain Cheerios and Grapes PM: Miss Tina's Choice
26 AM: Honeydew PM: Fish in a Stream	27 AM: Sweet Potatoes with Apples and Cranberries PM: Fiber One Granola Bars	28 AM: Make your Tomato and Mozzarella Caterpillars PM: Whole Wheat English Muffins with Jelly	29 AM: Fruit & Kix Snack Mix PM: Frozen Pineapple Chunks	30 AM: 2% Cheddar Cheese Melted on a Tostada Shell PM: Miss Tina's Choice

*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 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.