


# SEPTEMBER 2017 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>AM:</b> 2% Cheddar Cheese Melted on a Tostada Shell <b>PM:</b> Miss Tina's Choice
4 <b>HAPPY LABOR DAY</b> 	5 <b>AM:</b> Apple Merry Go Rounds (Apple Slices, Peanut Butter & Animal Crackers) <b>PM:</b> Fiber One Chocolate Fudge Brownies	6 <b>AM:</b> Tropical Smoothie (With Coconut Milk) <b>PM:</b> Build A Teddy Bear Rice Cake (Rice cake, Almond Butter, Banana, Craisins)	7 <b>AM:</b> Yellow and Green Zucchini Wedges with Low Fat Ranch Dressing <b>PM:</b> Whole Wheat Tortillas with Nutella and Strawberries	8 <b>AM:</b> Baked Tostitos and Guacamole (Corn Chex & Avocado for 1-2 year olds) <b>PM:</b> Miss Tina's Choice
11 <b>AM:</b> Vanilla Yogurt with Frozen Blueberries  <b>PM:</b> Kashi Chocolate Almond Sea Salt with Chia Granola Bars	12 <i>National Ants on a Log Day</i> <b>AM:</b> Ants on a Log  <b>PM:</b> Toasted Whole Wheat English Muffins with Honey and Strawberries	13 <b>AM:</b> Alexia's Sweet Potato fries  <b>PM:</b> Cucumber Sticks & French Dressing	14 <b>AM:</b> Fresh Snap Peas and Hummus for Dipping  <b>PM:</b> Hard Boiled Eggs	15 <b>AM:</b> Green Apples and Almond Butter  <b>PM:</b> Miss Tina's Choice
18 <b>AM:</b> Whole Wheat Pita Pizza with Melted 2% Cheddar Cheese <b>PM:</b> Nectarines	19 <b>AM:</b> Cauliflower Popcorn  <b>PM:</b> Sticks and Stones (Kix cereal, raisins, peanut butter, Chow Mein noodles)	20 <b>AM:</b> Kiwi and Honeydew  <b>PM:</b> Make Your Ants on a Rock (Apples, Peanut Butter and Raisins)	21 <b>AM:</b> Papaya and Cheese Sticks <b>PM:</b> Fresh Broccoli And Reduced Fat French Dressing	22 <b>AM:</b> Multigrain Cheerios and Grapes <b>PM:</b> Miss Tina's Choice
25 <b>AM:</b> Honeydew  <b>PM:</b> Fish in a Stream	26 <b>AM:</b> Sweet Potatoes with Apples and Cranberries <b>PM:</b> Fiber One Granola Bars	27 <b>AM:</b> Make your Tomato and Mozzarella Caterpillars <b>PM:</b> Whole Wheat Bagels with Peanut Butter and Plums	28 <b>AM:</b> Frozen Banana Nibblers <b>PM:</b> Apple Rice Cakes with Nutella and Apricots	29 <b>AM:</b> Strawberry Nutri-grain Harvest Bars  <b>PM:</b> 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.