

SEPTEMBER 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>APPLES</p> <p>WHOLE WHEAT BREAD AND CHEESE</p>	<p>4</p> <p>WW ZUCCHINI BREAD</p> <p>EGGS AND CELERY STICKS WITH RANCH</p>	<p>5</p> <p>PB POWER BALLS</p> <p>CARROT STICKS WITH HUMMUS</p>	<p>6</p> <p>BANANAS</p> <p>FRUIT SMOOTHIE WITH WW BREAD</p>
<p>9</p> <p>FROZEN PURE FRUIT ICE CREAM</p> <p>WHOLE GRAIN CEREAL AND APPLES</p>	<p>10</p> <p>SQUASH BANANA PUREE</p> <p>WW ENGLISH MUFFINS AND PEANUT BUTTER</p>	<p>11</p> <p>CORNBREAD</p> <p>VEGGIE PASTA SALAD</p>	<p>12</p> <p>MELON SALAD</p> <p>PEPPER AND CUCUMBER STICKS WITH WW BREAD</p>	<p>13</p> <p>WW BLUEBERRY MUFFIN BARS</p> <p>CHEESE BREAD</p>
<p>16</p> <p>ANIMAL COOKIES</p> <p>BROCCOLI AND CAULIFLOWER SPEARS; MEXICAN BEAN DIP</p>	<p>17</p> <p>RICECAKES (1'S THINS WITH JELLY)</p> <p>CUCUMBER SANDWICHES</p>	<p>18</p> <p>WW BAGELS WITH JELLY</p> <p>WATERMELON STRAWS AND WHOLE WHEAT CRACKERS</p>	<p>19</p> <p>HOMEMADE GRAHAM CRACKERS</p> <p>SPOTTED PUP</p>	<p>20</p> <p>LEMON POPPYSEED BREAD</p> <p>PB HONEY TORTILLA WRAPS</p>
<p>23</p> <p>PRETZELS (1'S BREAD)</p> <p>WHEAT BERRY FRUIT, LIME AND MINT SALAD</p>	<p>24</p> <p>YOGURT WITH RAISINS</p> <p>FROZEN BANANA PB BITES</p>	<p>25</p> <p>POPCORN (CEREAL 1'S)</p> <p>TUNA SANDWICHES</p>	<p>26</p> <p>OATMEAL "COOKIES"</p> <p>CHEESE QUESADILLAS</p>	<p>27</p> <p>CINNAMON RAISIN BREAD</p> <p>TROPICAL SMOOTHIE WITH WW CRACKERS</p>
<p>30</p> <p>WHOLE GRAIN CEREAL</p> <p>CHERRY TOMATOES AND CELERY IN RANCH WITH WW BREAD</p>				

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. Fruits and Vegetables may change based on availability.