



OCTOBER SNACK MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	3. Pancake Wrapped Sausage with Fruit	4. Bel Vita Bars and Blueberries	5. Smoothies and Cheerios	6. French Toast Stix and Fruit	7. Strawberries and Cool Whip with Graham Crackers
Afternoon Snack	Pretzels and Cheese	Bell Peppers and Hummus with Crackers	Pudding with Nilla Wafers	Trail Mix and String Cheese	Snap Peas and Ranch with Crackers (1's canned peas)
AM Snack	10. Nutrigrain Bars and Fruit	11. Yogurt and Granola	12. Mini Muffins and Fruit	13. Rice Cakes with Sun Butter and Fruit	14. Bagels and Cream Cheese
Afternoon Snack	Goldfish and Oranges	Cheese Balls and Tomatoes	Veggie Straws and Cucumbers with Ranch	Quesadillas with Salsa and Sour Cream	Carrots with Ranch and Crackers (1's canned carrots)
AM Snack	17. Pancake Wrapped Sausage with Fruit	18. Bel Vita Bars and Blueberries	19. Smoothies and Cheerios	20. French Toast Stix and Fruit	21. Strawberries and Cool Whip with Graham Crackers
Afternoon Snack	Pretzels and Cheese	Bell Peppers and Hummus with Crackers	Pudding with Nilla Wafers	Trail Mix and String Cheese	Snap Peas and Ranch with Crackers (1's canned peas)
AM Snack	24. Nutrigrain Bars and Fruit	25. Yogurt and Granola	26. Mini Muffins and Fruit	27. Rice Cakes with Sun Butter and Fruit	28. Bagels and Cream Cheese
Afternoon Snack	Goldfish and Oranges	Cheese Balls and Tomatoes	Veggie Straws and Cucumbers with Ranch	Quesadillas with Salsa and Sour Cream	Carrots with Ranch and Crackers (1's canned carrots)
AM Snack	31. Pancake Wrapped Sausage with Fruit				
Afternoon Snack	Pretzels and Cheese				

Whole Milk is provided to children under 2 years old

1% Milk is provided to all children over 2 years old.

