



October 2023 Snack Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Yogurt ²	Mandarin Oranges ³	Cereal with milk ⁴	Apples ⁵	Muffins ⁶
PM Snack	Blue Berry & Lemon Crisps	Trail Mix	Berries	Peaches	Whole Grain Sports Graham
AM Snack	Oatmeal Bar ⁹	French Toast Sticks ¹⁰	Pancakes ¹¹	Cereal with milk ¹²	Beagles & Cream Cheese ¹²
PM Snack	Cheez-its	Pretzel w/ Cheese Stick	Pear	Mandarin Oranges	Whole Grain Goldfish
AM Snack	French Toast Sticks ¹⁶	Cereal with milk ¹⁷	Yogurt ¹⁸	Waffles ¹⁹	Apples ²⁰
PM Snack	Trail Mix	Maple Crackers	Wheat Thins & Cheese Sticks	Peaches	Vanilla Pudding
AM Snack	Beagles & Cream Cheese ²³	Mandarin Oranges ²⁴	Cereal with milk ²⁵	Apples ²⁶	Muffins ²⁷
PM Snack	Blue Berry & Lemon Crisps	Pears	Whole Grain Sports Graham	Berries	Hummus & Wheat Thins
AM Snack	French Toast ³⁰	Cereal with milk ³¹			
PM Snack	Vanilla Pudding	Maple Crackers			