



# OCTOBER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Afternoon Snack		1. Cutties and graham crackers	2. Bell Prepper with cream cheese and cheese its	3. Rice Cakes with Fruit	4. Cookies and Milk
AM Snack	7. Nutrigrain Bars with Fruit	8. Cheerios with Milk	9. Muffins with Fruit	10. Bagels with Cream Cheese	11. Yogurt with Granola
Afternoon Snack	Trail Mix with Juice	Apples and caramel sauce	Tortilla Chips with Salsa	Celery with cream cheese or Wow butter	Pudding with Nilla Wafers
Afternoon Snack	14. Veggie Straws with Cheddar Cheese	15. Cutties and graham crackers	16. Bell Prepper with cream cheese and cheese its	17. Rice Cakes with Fruit	18. Cookies and Milk
Afternoon Snack	21. Wheat Thins with Fresh Carrots	22. Apples and caramel sauce	23. Tortilla Chips with Salsa	24. Celery with cream cheese or Wow butter	25. Pudding with Nilla Wafers
Afternoon Snack	28. Veggie Straws with Cheddar Cheese	29. Cutties and graham crackers	30. Bell Prepper with cream cheese and cheese its	31. Popcorn Balls	

