



OCTOBER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Afternoon Snack				1. Rice Cakes with Fruit	2. Cookies and Milk
AM Snack	5. Nutrigrain Bars with Fruit	6. Cheerios with Milk	7. Muffins with Fruit	8. Bagels with Cream Cheese	9. Yogurt with Granola
Afternoon Snack	Wheat Thins with Fresh Carrots	Fresh fruit with gold fish	Tortilla Chips with Salsa	Celery with cream cheese or Wow butter	Apples with caramel sauce and Popcorn Balls
Afternoon Snack	12. Veggie Straws with Cheddar Cheese	13. Cutties and graham crackers	14. Bell Prepper with cream cheese and cheese its	15. Rice Cakes with Fruit	16. Cookies and Milk
Afternoon Snack	19. Wheat Thins with Fresh Carrots	20. Fresh fruit with gold fish	21. Tortilla Chips with Salsa	22. Celery with cream cheese or Wow butter	23. Pudding with Nilla Wafers
Afternoon Snack	26. Veggie Straws with Cheddar Cheese	27. Cutties and graham crackers	28. Bell Prepper with cream cheese and cheese its	29. Rice Cakes with Fruit	30. Cookies and Milk

