



OCTOBER SNACK MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	3. Cereal with Fruit and Milk	4. Yogurt and Fruit	5. Belvita Biscuits and Fruit	6. Nutri-grain Bars and Fruit	7. French Toast and Fruit
Afternoon Snack	Trail Mix with Cucumbers and Ranch	Tomatoes and Goldfish	Turkey and Cheese Rollups	Pickles, String Cheese and Crackers	Pudding and Nilla Wafers
Afternoon Snack	10. Pretzels with Hummus	11. Carrots with Ranch and Crackers	12. Chips, Salsa, and Sour Cream	13. Salami, Cheese, and Crackers	14. Strawberries, Cool Whip, and Graham Crackers
Afternoon Snack	17. Trail Mix with Cucumbers and Ranch	18. Tomatoes and Goldfish	19. Turkey and Cheese Rollups	20. Pickles, String Cheese and Crackers	21. Pudding and Nilla Wafers
Afternoon Snack	24. Pretzels with Hummus	25. Carrots with Ranch and Crackers	26. Chips, Salsa, and Sour Cream	27. Salami, Cheese, and Crackers	28. AM: Pancakes and Fruit PM: Strawberries, Cool Whip, and Graham Crackers

