



OCTOBER SNACK MENU 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	3. Whole wheat pancakes & fruit, & Milk	4. Greek Yogurt, Peaches & 100% Juice	5. Small Bagels, Mandarin Oranges & Milk	6. Granola Bars, Oranges & Milk	7. Cheerios/ Chex, Pears & Milk
Afternoon Snack	Veggie Straws, String Cheese & Milk	Celery, Cream Cheese, Saltines & 100% Juice	Veggie Straws, String Cheese & 100% Juice	Wheat Thins, Snap Peas, Sauce & Milk	Gold Fish, Cheese It's, Raisins & 100% Juice
AM Snack	10. Granola Bars, Apples & Milk	11. Graham Crackers, Pineapple & Milk	12. Greek Yogurt, Peaches & 100% Juice	13. Whole Wheat Toast, Mandarin Oranges & Milk	14. Plain Corn Flakes, Banana & Milk
Afternoon Snack	Wheat Thins, Broccoli w/ Cheese Sauce & Milk	Quesadilla, Carrots w/ranch, & Milk	Chex mix, Pears & Milk	Ritz Crackers, Cheddar Cheese & 100% Juice	Pretzels, Apples & 100% Juice
AM Snack	17. Whole Wheat Pancakes, Applesauce & Milk	18. Greek Yogurt, Mandarin Oranges & 100% Juice	19. Small Bagels, Peaches & Milk	20. Granola Bars, Halo Oranges & Milk	21. Cheerios/ Chex, Pears & Milk
Afternoon Snack	Pretzels, Vegetable and Milk	Celery, Cream Cheese, Saltines & 100% Juice	Veggie Straws, String Cheese & 100% Juice	Wheat Thins, Broccoli w/ Cheese Sauce & Milk	Gold Fish, Cheese It's, Raisins & 100% Juice
AM Snack	24. Granola Bars, Apples & Milk	25. Graham Crackers, Pineapple & Milk	26. Greek Yogurt, Peaches & 100% Juice	27. Whole Wheat Toast, Mandarin Oranges & Milk	28. Plain Corn Flakes, Banana & Milk
Afternoon Snack	Wheat Thins, Broccoli w/ Cheese Sauce & Milk	Quesadilla, Carrots w/ranch, & Milk	Chex mix, Pears & Milk	Ritz Crackers, Cheddar Cheese & 100% Juice	Pretzels, Apples & 100% Juice
AM Snack	31. Small Bagels, Peaches & Milk				**Whole Milk is provided for children under 2 years old.
Afternoon Snack	Veggie Straws, String Cheese & 100% Juice				**1% Milk is provided for children above 2 years old.