

October

2023

Snack Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Grapes & Pretzels or Rice Cakes	3 Carrots, hummus & tortilla chips or rice cakes	4 Broccoli, cheese & whole grain crackers or rice cakes	5 Bananas, yogurt & graham crackers or rice cakes	6 Mandarin Oranges & popcorn	7
8	9 Fall Break Day - No School	10 Cucumbers, hummus & tortilla chips or rice cakes	11 Olives, cheese & whole grain crackers or rice cakes	12 Watermelon, yogurt & graham crackers or rice cakes	13 Edamame & popcorn	14
15	16 Grapes & Pretzels or Rice Cakes	17 Carrots, hummus & tortilla chips or rice cakes	18 Broccoli, cheese & whole grain crackers or rice cakes	19 Bananas, yogurt & graham crackers or rice cakes	20 Mandarin Oranges & popcorn	21
22	23 Apples & Pretzels or Rice Cakes	24 Cucumbers, hummus & tortilla chips or rice cakes	25 Olives, cheese & whole grain crackers or rice cakes	26 Watermelon, yogurt & graham crackers or rice cakes	27 Edamame & popcorn	28
29	30 Grapes & Pretzels or Rice Cakes	31 Carrots, hummus & tortilla chips or rice cakes	1 Broccoli, cheese & whole grain crackers or rice cakes	2 Bananas, yogurt & graham crackers or rice cakes	3 Mandarin Oranges & popcorn	4

Alternatives will be provided to those with allergies