

September

2022

Snack Menu

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

Alternatives will be provided to those with allergies