

# November

2022

## Snack Menu

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

Alternatives will be provided to those with allergies