

# October

2022

## Snack Menu

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