

October Snack Menu

	AM Snack	PM Snack
Oct 3	Cereal, Fruit	Mac & Cheese, Broccoli, Strawberries
Oct 4	Pancakes, Sausage, Fruit	Hummus, Pretzels, Carrots, Grapes
Oct 5	Overnight Oats, Berries	COOKING PROJECT - Rice Cake Faces
+Oct 6	Bananas & Sun Butter, Graham Crackers	Turkey, Cheese, Crackers, Fruit
Oct 7	Mini Muffins, Fruit	Rice, Edamame, Soy Sauce
Oct 10	Breakfast Bars, Fruit	English Muffin Pizzas (sauce, cheese, spinach)
Oct 10	Cinnamon Raisin Toast, Butter, Fruit	Parmesan Couscous, Broccoli
Oct 12	Warm Oatmeal, Berries	COOKING PROJECT - Tacos
Oct 13	Yogurt, Cereal, Fruit	Tuna, Plantain Chips, Fruit
Oct 14	Breakfast Bars, Oranges	OCTOBER BIRTHDAY PARTY
Oct 17	Cereal, Fruit	Cheese Quesadillas, Broccoli (on side), Fruit
Oct 18	Waffles, Turkey Bacon, Fruit	AkMak Crackers, Apple Butter, String Beans
Oct 19	Overnight Oats, Berries	COOKING PROJECT - farm animals
Oct 20	Bananas & Sun Butter, Graham Crackers	Deli Meat, Cheese, Wheat Thins, Carrots
Oct 21	Mini Muffins, Fruit	Chicken Nuggets, Broccoli, Apple Chips
Oct 24	Breakfast Bars, Fruit	Rice Cakes, Dried Fruit, String Cheese
Oct 25	Cinnamon Raisin Toast, Butter, Fruit	Orzo, Butter, Broccoli
Oct 26	Warm Oatmeal, Apple Butter	COOKING PROJECT - pumpkin muffins, clementines
Oct 27	Yogurt, Cereal, Fruit	Noodles, Turkey Meatballs, Sauce, Spinach
Oct 28	Breakfast Bars, Oranges	Fish Sticks, Applesauce, Cucumbers