

		AM Snack	PM Snack (with Milk)	Fruit/Changes
October		Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
	Monday	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
	Tuesday	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
	Wednesday	Smoothie or Yogurt or Chia Pudding	Homemade	
	Thursday	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
	Friday	AM Snack	PM Snack (with Milk)	Fruit/Changes
October 1	Thursday	Mini Pancakes & Fruit	Pretzels & Fruit	
October 2	Friday	Breakfast Bars & Fruit	Chicken Nuggets & Squash Spirals	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
October 5	Monday	Rice Cakes & Applebutter	Veggie Sticks, Hummus & Fruit	
October 6	Tuesday	Berry Coconut Milk Smoothie	COOKING PROJECT + Applesauce, Goldfish	
October 7	Wednesday	Mini Waffles & Fruit	Rice Crackers & Tomatoes	
October 8	Thursday	Applesauce & Toast	Mac & Cheese & Peas	
October 9	Friday	French Toast & Fruit	Carrots & Dip - Ranch Dressing	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
October 12	Monday	Cinnamon Raisin Toast & Fruit	Fish Sticks & Cucumber	
October 13	Tuesday	Yogurt & Fruit	COOKING PROJECT + Applesauce, Goldfish	
October 14	Wednesday	Sausage & Fruit	Cheese Quesadilla's & Fruit	
October 15	Thursday	Cereal & Milk	Whole Wheat Pasta, Butter, Parmesan & Peas	
October 16	Friday	Granola & Fruit	Snack Mix & Fruit	
		AM Snack	PM Snack (with Milk)	
October 19	Monday	Sliced Apples & Graham Crackers	Veggie Sticks, Hummus & Fruit	
October 20	Tuesday	Jelly Toast & Raisins	COOKING PROJECT + Applesauce, Goldfish	
October 21	Wednesday	Cinnamon Raisin Toast & Fruit	Cheese Quesadilla & Fruit	
October 22	Thursday	Berry Coconut Milk Smoothie	Rice crackers & Cheese	
October 23	Friday	Cereal & Milk	Fish Sticks & Cucumbers	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
October 26	Monday	Mini Pancakes & Fruit	Tortilla Chips & Salsa	
October 27	Tuesday	Rice Cakes & Applebutter	COOKING PROJECT + Applesauce, Goldfish	
October 28	Wednesday	Toast & Fruit	Mozzerella Sticks & Fruit	
October 29	Thursday	Yogurt & Fruit	Pretzels & Fruit	
October 30	Friday	Applesauce & Toast	Carrots & Dip - Ranch Dressing	