

October		Morning Snack - 8:30 a.m.	Afternoon Snack - 2:30 p.m.	Fruit/Changes
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Oct. 1	Friday	English Muffins w/ Cheese & Fruit	Graham Crackers & Yogurt	Fruit/Changes
		AM Snack	PM Snack (with Milk)	
Oct. 4	Monday	Breakfast Bars, Fruit & Milk	Goldfish & Dried Fruit	
Oct. 5	Tuesday	Breakfast Parfait & Milk	Cooking Project & Fruit	
Oct. 6	Wednesday	Mini Pancakes & Fruit	Ritz Crackers, Sunbutter & Fruit	
Oct. 7	Thursday	Breakfast Sausage, Fruit & Milk	Sugar Free Pudding & Graham Crackers	
Oct. 8	Friday	Mini Bagels, Fruit & Milk	Fish sticks& Green Beans	Fruit/Changes
		AM Snack	PM Snack (with Milk)	
Oct. 11	Monday	Yogurt, Fruit	Goldfish Crackers & Fruit	
Oct. 12	Tuesday	Applesauce, Toast	Cooking Project & Fruit	
Oct. 13	Wednesday	Mini waffles, Fruit & Milk	Rice Cakes & Apple Butter	
Oct. 14	Thursday	Granola, Berries	Jelly Sandwiches & String Cheese	
Oct. 15	Friday	Bananas and Honey	Chicken Nuggets & Peas	
		AM Snack	PM Snack (with Milk)	
Oct. 18	Monday	Cereal & Milk	Sugar Free Jello & String Cheese	
Oct.. 19	Tuesday	French Toast Sticks & Milk	Cooking Project & Fruit	
Oct. 20	Wednesday	Breakfast Bars, Fruit & Milk	Graham Crackers & Yogurt	
Oct. 21	Thursday	Banana Muffins & Yogurt	Fish sticks& Green Beans	
Oct. 22	Friday	English Muffins w/ Cheese& Applesauce	Tortilla Chips & Salsa & Fruit	
		AM Snack	PM Snack (with Milk)	
Oct. 25	Monday	Breakfast Sausage, Fruit & Milk	Tuna Fish & Crackers	
Oct.. 26	Tuesday	Granola, Berries	Cooking Project & Fruit	
Oct. 27	Wednesday	Biscuits & Jelly, Fruit & Milk	Veggie Sticks & Fruit	
Oct. 28	Thursday	Cinnamon Toast, Fruit & Milk	Pretzels & Sunbutter	
Oct. 29	Friday	Cereal & Milk	Grilled Cheese Sandwich & Cooked Broccoli	