

October Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <ul style="list-style-type: none"> AM – Homemade Blueberry Muffin, Dried Apricot PM – Veggie Straws, Raisins 	2 <ul style="list-style-type: none"> AM – Cheerios, Banana Chips PM – String Cheese and Crackers 	3 <ul style="list-style-type: none"> AM – Bagel and Cream Cheese, Apple PM – Homemade Sunbutter Oat Bar 	4 <ul style="list-style-type: none"> AM – Homemade Oatmeal Raisin Cookie, Pineapple PM – Hummus with Crudité
7 <ul style="list-style-type: none"> AM – Chia Pudding with Berries PM – Homemade Applesauce with Graham Crackers 	8 <ul style="list-style-type: none"> AM – Biscuits with Homemade Berry Jam PM – Petite Chicken Salad Wrap 	9 <ul style="list-style-type: none"> AM – Sunbutter & Banana Quesadilla PM – Caramel Apple Dip with Pretzel 	10 <ul style="list-style-type: none"> AM – Homemade Apple Hand Pie PM – Hummus with Crackers, Dried Fruit 	11 <ul style="list-style-type: none"> AM – Homemade Fruit Crumble Bar PM – VG Chocolate Cupcakes, Dried Fruit
14 <ul style="list-style-type: none"> AM – Overnight Oats with Berries PM – Pumpkin Spice Cream Cheese with Crackers 	15 <ul style="list-style-type: none"> AM – Cinnamon Apple Pancakes, Peaches PM – Fruit Salad with Dairy Free Whipped Cream 	16 <ul style="list-style-type: none"> AM – Homemade Pumpkin Bread Muffin, Tangerine PM – Hummus with Pita Bread 	17 <ul style="list-style-type: none"> AM – Sunbutter and Jelly Wrap, Banana PM – Baked Sweet Potato Wedges 	18 <ul style="list-style-type: none"> AM – Yogurt & Granola Parfait with Berry PM – Brazilian Cheese Puffs
21 <ul style="list-style-type: none"> AM – Yogurt & Granola Parfait with Berry PM – Goldfish, Fresh Fruit Jello 	22 <ul style="list-style-type: none"> AM – Sticky Red Bean Rice Cake PM – Homemade Cranberry Cocoa Oat Bar 	23 <ul style="list-style-type: none"> AM – Homemade Zucchini Bread Muffin, Tangerine PM – Sour Cream & Onion Cream Cheese with Crackers 	24 <ul style="list-style-type: none"> AM – Homemade Peach Cobbler PM – Cocoa Sunbutter Cookie, Raisins 	25 <ul style="list-style-type: none"> AM – Homemade Cornbread w/ Strawberry Sauce PM – Bagel Pizza Bites
28 <ul style="list-style-type: none"> AM – Fruit Crumble Bar, Banana Chips PM – Steamed Rice Cake with Raisins 	29 <ul style="list-style-type: none"> AM – Fruit Cup, Graham Cracker PM – Cheesy Pinwheels 	30 <ul style="list-style-type: none"> AM – GF Granola Cookie, Dried Fruit PM – Asian Rice Cake, Cucumber Slices 	31 <ul style="list-style-type: none"> AM – French Toast stick with Maple Syrup, Banana PM – Homemade Crispy Rice Treats, Dried Apricots 	