

October

2021

Snack Menu

* alternatives will provided to those with allergies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	Raisins, peanut butter & pretzels or rice cakes	Carrots, hummus & whole grain crackers or rice cakes	Broccoli, cheese & whole grain crackers or rice cakes	Apples, yogurt & graham crackers	Edamame & popcorn	
10	11	12	13	14	15	16
	No School – Fall break	No School – Fall break	Tomatoes, cheese & whole grain crackers or rice cakes	Mandarin oranges, yogurt & graham crackers	Grapes & popcorn	
17	18	19	20	21	22	23
	Bananas, peanut butter & pretzels or rice cakes	Cucumbers, hummus & whole grain crackers or rice cakes	Broccoli, cheese & whole grain crackers or rice cakes	Apples, yogurt & graham crackers	Edamame & popcorn	
24	25	26	27	28	29	30
	Apples, peanut butter & pretzels or rice cakes	Carrots, hummus & whole grain crackers or rice cakes	Tomatoes, cheese & whole grain crackers or rice cakes	Mandarin oranges, yogurt & graham crackers	Grapes & popcorn	

*Allergies: gluten, red meat, corn

Fruit

Apples	Bananas	Strawberries	Grapes	Mandarin Oranges	Raisins	Watermelon	
pretzels	pretzels	pretzels	pretzels	pretzels	pretzels	pretzels	
Graham crackers	Graham crackers	Graham crackers	Graham crackers	Graham crackers	Graham crackers	Graham crackers	
popcorn	popcorn	popcorn	popcorn	popcorn	popcorn	popcorn	
cheese	Whole grain crackers		cheese				
yogurt	yogurt	yogurt					
Sun butter	Sun butter						

Vegetables

Cucumbers	Sweet Peppers	Carrots	Edamame	Tomatoes	Broccoli	Yogurt	Whole grain crackers
hummus	hummus	hummus	popcorn	hummus		Granola	cheese
							hummus
Ranch dressing	Ranch dressing	Ranch dressing		Ranch dressing		Graham crackers	