



October Menu



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|--|---|---|--------------------------------------|
| AM Snack | | 1 Waffles, Sun Butter & Water | 2 Blueberries, Yogurt & Water | 3 Muffins & Water | 4 Cereal & Milk |
| PM Snack | | Cheese, Turkey & Water | Cream Cheese, Mini Chips, Grahams & Water | Peaches, Cracker & Water | Cheese-itz, Apple Slices & Water |
| AM Snack | 7 Cream Cheese, Bagels & Water | 8 Bananas, Animal Crackers & Water | 9 English Muffin, Eggs & Water | 10 Bread, Jelly & Water | 11 Cereal, Milk |
| PM Snack | Sweet Potato Cracker, Apple Slices & Water | Pretzels, Cheese & Water | Hummus, Cracker & Water | Salsa, Ritz & Water | Applesauce, Goldfish & Water |
| AM Snack | 14 Fig Bar & Water | 15 Waffles, Sun Butter & Water | 16 Yogurt, Cereal & Water | 17 Eggs, Bread & Water | 18 English Muffins, Jelly & Water |
| PM Snack | Vanilla Wafers, Applesauce & Water | Goldfish, Cheese & Water | Blueberries, Grahams & Water | Cheez-It, Apple Slices & Water | Cheese, Pretzels & Water |
| AM Snack | 21 Yogurt, Granola & Water | 22 Bananas, Animal Crackers & Water | 23 Blueberry Muffins & Water | 24 Cereal & Milk | 25 Cream Cheese, Bagels & Water |
| PM Snack | Sun Butter, Grahams & Water | Hummus, Ritz & Water | Apple Slices, String Cheese & Water | Turkey, Crackers & Water | Ritz, Salsa & Water |
| AM Snack | 28 Fig Bar & Water | 29 Pancakes, Jelly & Water | 30 Egg, Bread & Water | 31 Candy Corn Fruit Cup & Water | |
| PM Snack | Cheese, Pretzels & Water | Goldfish, Applesauce & Water | Sun Butter, Ritz & Water | Banana Ghost, Graham Cracker Gravestone & Water | |