

AFTERNOON SNACKS

OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chewy Granola Bars* & Apple Juice	2
3	4 Apple Sauce & Graham Crackers	5 Whole Wheat Ritz Crackers* & Cheese Slice	6 Bananas & Honey Nut Cheerios*	7 Cucumber & Pretzel Sticks	8 Chocolate Pudding & Cinnamon Teddy Grahams	9
10	11 Oranges & Whole Wheat Ritz Crackers*	12 Chex Mix* & Sugar Snap Peas	13 Carrot Sticks & Whole Grain Cheez-Its*	14 Crunchy Bread Sticks & Cheddar Cheese Dip	15 Apple Sauce & Pretzel Sticks	16
17	18 Peanut Butter & Pretzel Sticks	19 Whole Wheat Ritz Crackers* & Strawberry Yogurt	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23
24	25 Chex Mix* & Yogurt Covered Raisins	26 Oranges & Turkey Slice	27 Goldfish Veggie Crackers & Cheese Cubes	28 Peaches & Peanuts	29 Pudding & Cinnamon Teddy Grahams	30
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ALL SNACKS SERVED WITH WATER OR 100% FRUIT JUICE

*CONTAINS WHOLE GRAIN

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