

OCTOBER - TD/EC & EL Combined Snack Menu: AM & PM & CH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 AM - Cereal Mix, Cranberries, Milk PM - Rice Crackers, Cheese, Carrots CH - Pita Bread, Tzatziki, Celery	1 AM - Cottage Cheese, Mangoes PM - Cheese & Bean Quesadillas, Peas CH - String Cheese, Apples	2 AM - Oat Bites, Melon PM - Bagel Crisps, Chicken Salad w/Celery CH - Pretzels, Grapes	3 AM - Cinnamon Raisin Bread, Cream Cheese, Apples PM - Tortilla w/Butter, Cinnamon & Sugar, Cucumber CH - Cheese, Snap Peas	4 NO SCHOOL - Conference CAMP AVAILABLE AM - Crackers, Cheese, Fruit Salad PM - Pretzels Crisps, Tomatoes, Hummus CH - Popcorn, Edamame
7 AM - Granola, Yogurt, Berries PM - Babybel Cheese, Crackers, Carrots CH - English Muffins Cheese & Pineapple Pizza	8 AM - Oatmeal, Raisins PM - Mozzarella Balls, Triscuits, Tomatoes CH - Wheat Thins, Orange Slices	9 AM - Mini Bagels, Cream Cheese, Apple Slices PM - Tortilla Chips, Salsa, Bell Pepper CH - Blueberry Muffins	10 AM - Mini Pancakes, Cinnamon Butter, Bananas PM - Pita Chips, Hummus, Cucumber Sticks CH - String Cheese, Apples	11 AM - Pumpkin Bread, Milk PM - Grilled Cheese Sandwich, Cantaloupe CH - Crackers, Apple Slices
14 AM - Cheerios, Milk, Mangoes PM - Applesauce, Edamame CH - Popcorn, Carrots	15 AM - Yogurt, Blueberries PM - Cucumber Sandwich CH - Banana Roll-up w/Soy Butter, Milk	16 AM - Aussie Bites, Orange Slices PM - Pita Bread, Tzatziki, Celery CH - Babybel Cheese, Tomatoes	17 AM - Cereal Mix, Kiwi PM - String Cheese, Cucumber, Crackers CH - Harvest Snap Peas, Grapes	18 AM - Chex Mix, Oranges PM - Pasta Salad (Mozzarella Balls, Tomatoes, Bell Pepper) CH - Pretzels, Snap Peas
21 AM - Nutri grain Bars, Milk PM - Pretzels, Dried Mangoes CH - String Cheese, Peas & Carrots	22 AM - Oat Bites, Watermelon PM - Egg Salad w/Celery, Rice Crackers CH - Babybel Cheese, Oranges	23 AM - Cheese Quesadillas, Pears PM - Bagel Chips, Chicken Salad w/Celery CH - Raisin Bread, Cream Cheese, Grapes	24 AM - Cheerios, Blueberries, Milk PM - Corn bread Muffins, Roasted Cauliflower CH - Popcorn, Fruit Salad	25 AM - Waffles, Smoothies PM - Pretzels, Peas CH - Pita Bread, Hummus, Melon
28 AM - Cottage Cheese, Mangoes PM - Cheese, Crackers, Carrots CH - Turkey Pin Wheel w/Cheese & Spinach, Watermelon	29 AM - Waffles, Blueberries PM - Cheese Quesadillas, Bell Peppers CH - Wheat Thins, Pears	30 AM - Pita Bread Cheese Pizza, Pineapple PM - Mozzarella Balls, Crackers, Tomatoes CH - Tortilla Chips, Salsa	31 AM - Oatmeal, Bananas PM - Chex Mix, Roasted Carrots CH - String Cheese, Apples	1 AM - Hard Boiled Eggs, Bread, Snap Peas PM - Pita Chips, Guacamole CH - Veggie Straws, Oranges

Note: The beverage is water unless otherwise noted. PM Snack is prepared for Toddler & Early Childhood classrooms only. Snack Mix is Goldfish, Pretzels, Cheerios, Raisins. Menus are subject to change without notice.