



# MONTH OF OCTOBER 2017

## Snack Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 AM – Wheat toast, applesauce, milk  PM – Cheese sticks, veggies	3 AM - Vanilla yogurt, granola  PM – Celery sticks, peanut butter	4 AM – Oatmeal, raisins, milk  PM – Turkey cheese slices, veggies	5 AM - Scrambled eggs / cheese, fruit  PM – Tortilla chips, bean dip	6	7
8	9 AM – French toast, fruit, milk  PM – Veggies, cheese crackers, ranch dip	10 AM - Boiled eggs, fruit  PM – Graham crackers, applesauce, milk	11 AM – Bagels, cream cheese, fruit  PM – Tortilla chips, bean dip	12 AM – Oatmeal, fruit, milk  PM – Pretzels, nut butter dip, veggies	13 Third Year Seminar  AM – Wheat toast, fruit spread, milk	14
15	16 AM – Vanilla yogurt, granola  PM – Cheese sticks, veggie chips	17 AM – Waffles, fruit, milk  PM – Tortilla chips, bean dip	18 AM – Scrambled eggs/cheese, fruit  PM – Pretzels, hummus, veggies	19 AM – Wheat toast, fruit spread, milk  PM – Graham crackers, applesauce	20	21
22	23 AM - Oatmeal, fruit, milk  PM – Turkey, cheese slices, veggies	24 AM – Pancakes, fruit, milk  PM – Celery, peanut butter, raisins	25 AM – Bagels, cream cheese  PM – Pretzels, veggies, milk	26 AM – Boiled eggs, fruit  PM – Cheese sticks, veggie chips	27	28
29	30 AM –Pumpkin pancakes, milk  PM – Tortilla chips, bean dip	31 AM - Vanilla yogurt, granola  PM – Graham crackers, applesauce, milk	NOV 1 AM - Oatmeal, fruit, milk  PM – Cheese sticks, fruit	2 AM – French toast, fruit, milk  PM – Veggies, ranch dip, cheese crackers	3	4

\*\*Rice Milk Alternative available\*\*

**NOTICE:** Sadly, we cannot accept homemade snack items per Health Department Regulations. Parents of children with allergies, it is recommended to pack a snack alternative in your child's lunch or provide a snack alternative on a weekly basis (e.g. package of crackers) to be provided during the week.