

NOVEMBER SNACK



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Giant Cinnamon Grahams	Roasted Kettle Corn Chickpeas	Chili Lime Rings Goldfish Pretzels	Pizza Crackers	Goldfish Cheddar
10	11	12	13	14
No School 	No School 	Educational Snacks	Giant Cinnamon Grahams	BBQ Poptillas
17	18	19	20	21
Goldfish Cheddar	Cinnamon Granola	Nacho Poptillas	Cheese Puffs	Goldfish Pretzels
24	25	26	27	28
No School - Thanksgiving Break 	No School - Thanksgiving Break 	No School - Thanksgiving Break 	No School - Thanksgiving Break 	No School - Thanksgiving Break 

Snack Includes:

All snacks meet 1oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable
 Fruit Rotation: Apple (3/4 Cup), 100% Fruit Juice 6 oz, Pear (3/4 Cup), Orange (3/4 Cup)
 *All fruits meet 3/4 cup equivalent
 *All Grains Are Whole Grain Rich

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