

OCTOBER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Educational Snacks	Giant Cinnamon Grahams	BBQ Poptillas
6	7	8	9	10
No School - Fall Break	No School - Fall Break	No School - Fall Break	No School - Fall Break	No School - Fall Break
13	14	15	16	17
Giant Cinnamon Grahams	Roasted Kettle Corn Chickpeas	Chili Lime Rings Goldfish Pretzels	Pizza Crackers	Goldfish Cheddar
20	21	22	23	24
Fruity Crisps	Ranch Crackers	Educational Snacks	Giant Cinnamon Grahams	BBQ Poptillas
27	28	29	30	31
Goldfish Cheddar	Cinnamon Granola	Nacho Poptillas	Cheese Puffs	Goldfish Pretzels

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: Pear (3/4 Cup), Apple (3/4 Cup), 100% Fruit Juice 6 oz
 *All fruits meet 3/4 cup equivalent
 *All Grains Are Whole Grain Rich

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