

October Snack Calendar 2022

* Fruit is always available during snack time

Monday 10/3/22		Tuesday 10/4/22		Wednesday 10/5/22		Thursday 10/6/22		Friday 10/7/22	
AM	Cheerios (1c) & Milk (1c)	AM	French Toast Sticks (3),syrup(2T0,&Fruit(.5c)	AM	Oatmeal Packet(1) & Orange Juice	AM	Banana (1/2) & Graham Crackers (2)	AM	English Muffin W/ Strawberry Jam
PM 1st	Red Sauce Pasta (1c) w/ parmesean	PM 1st	Canned Peaches & Cottage Cheese (1c)	PM 1st	Trail Mix (1c)	PM 1st	Mini Blueberry Muffins (2) w/Fresh fruit	PM 1st	Crackers(1c) & Cheese Cubes(1c)
2nd	Granola Bar(1 serving)	2nd	GoGurt (1)	2nd	Goldfish (1C)	2nd	Motts Fruit Snacks (1)	2nd	Cheeze-its
Monday 10/10/22		Tuesday 10/11/22		Wednesday 10/12/22		Thursday 10/13/22		Friday 10/14/22	
AM	Cheerios (1c) & Milk (1c)	AM	Mini Bagels (1) W/ Cream Cheese	AM	Cinnamon & Sugar Toast (2) & Milk	AM	Granola Bar & Cutie (1)	AM	Oatmeal Packet(1) & Fresh Fruit
PM 1st	English Muffin Pizzas (1) Alternative: Red Sauce ONLY & Cutie	PM 1st	Ants on a Log (celery,craisins,sun butter or cream cheese)	PM 1st	Chips (1c) & Guac or Salsa(2T)	PM 1st	Bean & Cheese Burrito (1 whole) Alternative: Refried Bean ONLY Burrito	PM 1st	Mashes Potatoes (1c) w/Butter/salt/pepper
2nd	Popcorn (1 bag)	2nd	Apple Sauce Packets (1)	2nd	Cheese Square (1)	2nd	Fruit Strip (1)	2nd	Graham Crackers (2)
Monday 10/17/22		Tuesday 10/18/22		Wednesday 10/19/22		Thursday 10/20/22		Friday 10/21/22	
AM	Life Cereal (1c) & Milk (1c)	AM	Oatmeal Packet(1) & Orange Juice	AM	Banana (1/2) & Graham Crackers (2)	AM	English Muffin W/ Strawberry Jam	AM	Cheerios (1c) & Milk (1c)
PM 1st	Tator Tots (7) & Ketchup (2T) w/ Fresh Fruit	PM 1st	Tomato Bisque Soup (1c) & Goldfish	PM 1st	Pita (1) & Hummus	PM 1st	Smoothies (1c)	PM 1st	Grilled Cheese (1) W/ Fresh Fruit
2nd	Granola Bar(1 serving)	2nd	Bag of Pretzels (1)	2nd	Goldfish (1C)	2nd	Popcorn (1)	2nd	GoGurt (1)
Monday 10/24/22		Tuesday 10/25/22		Wednesday 10/26/22		Thursday 10/27/22		Friday 10/28/22	
AM	Rice Krispies Cereal (1c) & Milk (1c)	AM	Eggo Waffles (2) & Syrup	AM	Mini Bagels (2) W/ Cream Cheese	AM	Granola Bar & Cutie (1)	AM	French Toast Sticks (3),syrup(2T0,&Fruit(.5c)
PM 1st	Pesto Pasta (1c)	PM 1st	Cheese Quesadilla (1) w/Salsa	PM 1st	Snap Peas & Carrots w/Ranch & Ritz (5)	PM 1st	Chicken Nuggets w/ Ketchup & Carrots	PM 1st	Cheesy Nachos (1/2c) & Salsa (2T)
2nd	Motts Fruit Snacks (1)	2nd	Graham Crackers (2)	2nd	Granola Bar(1 serving)	2nd	Wheat Thins	2nd	Pretzels (1 bag)

