

October



Monday, Oct. 4	Tuesday, Oct. 5	Wednesday, Oct. 6	Thursday, Oct. 7	Friday, Nov. 8
Morning Banana Graham Cracker	Morning Sliced Oranges Wheat Thins	Morning Yogurt Peaches	Morning Whole Wheat Bread Sunflower Butter	Morning Grapes Pretzels
Afternoon Baby Carrots Multi-grain crackers	Afternoon Cucumber slices Triscuits	Afternoon Cherry Tomatoes Club Crackers	Afternoon Apples Cheddar Cheese slice	Afternoon Staff Choice
Monday, Oct. 11	Tuesday, Oct. 12	Wednesday, Oct. 13	Thursday, Oct. 14	Friday, Oct. 15
Morning Tortilla Cheese	Morning Whole Wheat Bread Raisins	Morning Triscuits Apples	Morning Pita Bread Hummus	Morning Bagels Bananas
Afternoon Carrots Multigrain crackers	Afternoon Cheese Grapes	Afternoon Wheat Thins Cucumbers	Afternoon Asian Crackers Pears	Afternoon Staff Choice
Monday, Oct. 18	Tuesday, Oct. 19	Wednesday, Oct. 20	Thursday, Oct. 21	Friday, Oct. 22
Morning Cereal Milk	Morning Blueberries Yogurt	Morning Grapes Triscuits	Morning Mandarin Oranges Cottage Cheese	Morning Apples String Cheese
Afternoon Multigrain crackers Edamame	Afternoon Cucumbers Ritz Crackers	Afternoon Whole-Grain Bread Raisins	Afternoon Banana Multi-grain crackers	Afternoon Staff Choice
Monday, Oct. 25	Tuesday, Oct. 26	Wednesday, Oct. 27	Thursday, Oct. 28	Friday, Oct. 29
Morning Yogurt Blueberries	Morning Bananas Graham Crackers	Morning Pita Bread Hummus	Morning Bagels Cream Cheese	Morning Tortilla Cheese
Afternoon Apples Raisins	Afternoon Seaweed Sheets Carrots	Afternoon Mandarin Oranges Wheat Thins	Afternoon Orange Slices Club Crackers	Afternoon Staff Choice