

# October 2022 Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM-Cereal &amp; Fruit PM- Grahams &amp; Applesauce</p>	<p>4</p> <p>AM-Hash Browns &amp; Eggs PM-Cottage Cheese &amp; Peaches <i>DF- Applesauce</i></p>	<p>5</p> <p>AM-Toast, Jelly, Fruit PM- String Cheese &amp; Crackers <i>I/T- Pretzels</i> <i>DF- DF Cheese</i></p>	<p>6</p> <p>AM- Biscuits &amp; Gravy <i>DF - Toast &amp; Jelly</i> PM - Carrots &amp; Hummus</p>	<p>7</p> <p>AM- Super Whole Grain Doughnut w/ fruit <i>DF - Bagel</i> PM - Pumpkin Muffin &amp; Applesauce</p>
<p>10</p> <p>AM-English Muffin w/ Jelly PM- Whole grain goldfish &amp; Hummus</p>	<p>11</p> <p>AM -Breakfast Skillet PM - Corn Salsa &amp; Chips <i>I/T- Crackers</i></p>	<p>12</p> <p>AM - Cheese Quiche <i>DF- DF Cheese</i> PM - Pumpkin Bars w/ Fruit</p>	<p>13</p> <p>AM -Cereal &amp; Banana PM -Cereal &amp; Wowbutter <i>I/T- Crackers</i></p>	<p>14</p> <p>AM -Whole Grain Cinnamon Rolls &amp; Fruit <i>DF - Cinnamon Toast &amp; Fruit</i> PM - Blueberry Muffin &amp; Applesauce <i>DF - DF blueberry bagel</i></p>
<p>17</p> <p>AM - Bagels &amp; Cream Cheese <i>DF- Bagels &amp; Jelly</i> PM- Trail Mix &amp; Fruit</p>	<p>18</p> <p>AM -Biscuits &amp; Gravy <i>DF- DF toast &amp; Jelly</i> PM -Strawberry Rice Krispie Treat</p>	<p>19</p> <p>AM -Chicken &amp; Waffles <i>Veg- Egg &amp; Waffles</i> PM - Baked Apples w/ raisins &amp; granola</p>	<p>20</p> <p>AM -Pancakes &amp; Wowbutter DF- Bagel PM -Yogurt &amp; Vanilla Wafers <i>DF - Applesauce</i></p>	<p>21</p> <p>AM -French Toast Stick w/ SF Syrup PM -Pimento Cheese &amp; Crackers DF- DF Pimento Cheese</p>
<p>24</p> <p>AM - Cereal &amp; Fruit PM - Fruit Salad</p>	<p>25</p> <p>AM - Turkey Sausage Biscuit Veg- Egg Biscuit PM - Yogurt Parfait DF- Applesauce</p>	<p>26</p> <p>AM - Cheesy Eggs DF- DF Cheese PM -Blushing Pears &amp; Grahams</p>	<p>27</p> <p>AM -Turkey Sausage in a Blanket w/SF Syrup <i>Veg- Cheese Biscuit</i> PM - Oatmeal Cookie &amp; Fruit DF- DF Oatmeal Cookie</p>	<p>28</p> <p>AM - Cinnamon Roll w/ Applesauce <i>DF - Cinnamon Toast</i> PM - Trail Mix &amp; Oranges</p>
<p>31</p> <p>AM - Ghoulish Super Doughnut &amp; Fruit <i>DF- DF Ghoulish Bagel</i> PM -Goblin Cookie &amp; Yogurt <i>DF- DF Goblin Cookie</i></p>				<p>E-Elementary P-Primary EP-Early Primary T- Toddler DF - Dairy Free V - Vegetarian</p>