

## Two Week Snack Menu

	<b>MONDAY (Sept. 30)</b>	<b>TUESDAY (Oct. 1)</b>	<b>WEDNESDAY (Oct. 2)</b>	<b>THURSDAY (Oct. 3)</b>	<b>FRIDAY (Oct. 4)</b>
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Raisins</li> <li>• Milk- soy or moo</li> </ul>	<ul style="list-style-type: none"> <li>• English muffins</li> <li>• Cream cheese</li> <li>• Jam</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Milk- soy or moo</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Sliced cheese</li> <li>• Wheat thins</li> </ul>	<ul style="list-style-type: none"> <li>• Scrambled eggs</li> <li>• Ketchup</li> <li>• Toast</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Bananas</li> <li>• Graham crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Top ramen</li> <li>• Edamame</li> </ul>	<ul style="list-style-type: none"> <li>• Apple slices</li> <li>• Sliced cheese</li> <li>• Wheat thins</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable bean soup</li> <li>• Saltines</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta</li> <li>• Red sauce</li> <li>• Parmesan</li> <li>• Broccoli</li> </ul>

	<b>MONDAY (Oct. 7)</b>	<b>TUESDAY (Oct. 8)</b>	<b>WEDNESDAY (Oct. 9)</b>	<b>THURSDAY (Oct. 10)</b>	<b>FRIDAY (Oct. 11)</b>
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Rice rollers</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Dried dates</li> <li>• Milk- soy or moo</li> </ul>	<ul style="list-style-type: none"> <li>• Dried mangos</li> <li>• String cheese</li> <li>• Wheat thins</li> </ul>	<ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Pears</li> <li>• Graham crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Milk- soy or moo</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• Taco dip</li> <li>• Tortilla chips</li> <li>• Salsa</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna</li> <li>• Pickles</li> <li>• Saltines</li> </ul>	<ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Pears</li> <li>• Graham crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Danish Macaroni w/butter sauce</li> <li>• Salad</li> <li>• Dressing- ranch or balsamic</li> </ul>	<ul style="list-style-type: none"> <li>• Grapes</li> <li>• Cheese rounds</li> <li>• Cheez itz</li> </ul>

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	<b>MONDAY (Oct. 14)</b>	<b>TUESDAY (Oct. 15)</b>	<b>WEDNESDAY (Oct. 16)</b>	<b>THURSDAY (Oct. 17)</b>	<b>FRIDAY (Oct. 18)</b>
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• Nutrigrain bars</li> <li>• Milk- soy or moo</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Raisins</li> <li>• Milk- soy or moo</li> </ul>	<ul style="list-style-type: none"> <li>• Dried apricots</li> <li>• String cheese</li> <li>• Ritz</li> </ul>	<ul style="list-style-type: none"> <li>• Apple sauce</li> <li>• Tillamoos</li> <li>• Goldfish crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast burritos</li> <li>• salsa</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• Chili</li> <li>• Shredded cheese</li> <li>• Saltines</li> </ul>	<ul style="list-style-type: none"> <li>• Black beans &amp; rice</li> <li>• Salsa</li> <li>• Sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• Apple sauce</li> <li>• Tillamoos</li> <li>• Goldfish crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Pita</li> <li>• Cucumber slices</li> <li>• Tzatziki sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Olive bread</li> <li>• Cherry tomatoes</li> <li>• Sliced mozzarella</li> </ul>

	<b>MONDAY (Oct. 21)</b>	<b>TUESDAY (Oct. 22)</b>	<b>WEDNESDAY (Oct. 23)</b>	<b>THURSDAY (Oct. 24)</b>	<b>FRIDAY (Oct. 25)</b>
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Milk- soy or moo</li> </ul>	<ul style="list-style-type: none"> <li>• Belvita biscuits</li> <li>• Dried dates</li> <li>• Milk- soy or moo</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Milk- soy or moo</li> </ul>	<ul style="list-style-type: none"> <li>• Cuties</li> <li>• String cheese</li> <li>• Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• French toast</li> <li>• Blueberries</li> <li>• Butter</li> <li>• Syrup</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• Mac &amp; cheese</li> <li>• Green beans</li> </ul>	<ul style="list-style-type: none"> <li>• Mashed potatoes</li> <li>• Gravy</li> <li>• Shredded cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Pirate booty</li> <li>• Cuties</li> <li>• String cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey wraps</li> <li>• Sliced cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Mini cheese pizza (English muffin, sauce, shredded cheese)</li> </ul>

## Two Week Snack Menu

	<b>MONDAY (Oct. 28)</b>	<b>TUESDAY (Oct. 29)</b>	<b>WEDNESDAY (Oct. 30)</b>	<b>THURSDAY (Oct. 31)</b>	<b>FRIDAY (Nov. 1)</b>
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• Rice rollers</li> <li>• Dried mango</li> <li>• Cheese rounds</li> </ul>	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Hummus</li> <li>• Ritz</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Raisins</li> <li>• Milk- soy or moo</li> </ul>	<ul style="list-style-type: none"> <li>• Carrots</li> <li>• Ranch dressing</li> <li>• Tillamoos</li> <li>• Ritz</li> </ul>	<ul style="list-style-type: none"> <li>• Pumpkin chocolate chip muffins</li> <li>• Milk- soy or moo</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Hummus</li> <li>• Ritz</li> </ul>	<ul style="list-style-type: none"> <li>• English muffins</li> <li>• Cream cheese</li> <li>• Jam</li> </ul>	<ul style="list-style-type: none"> <li>• Carrots</li> <li>• Ranch dressing</li> <li>• Tillamoos</li> <li>• Ritz</li> </ul>	<ul style="list-style-type: none"> <li>• Pretzels</li> <li>• String cheese</li> <li>• Cuties</li> </ul>	<ul style="list-style-type: none"> <li>• Pan de muerto</li> <li>• Strawberries</li> <li>• Crema</li> </ul>