

October Snack



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Roasted Ranch Chickpeas & Fruit Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Cheese Stick & Fruit	Sunflower Seeds & Fruit Pizza Crackers & Fruit	Goldfish Pretzels & Fruit
7	8	9	10	11
Ranch Crackers & Fruit Giant Cinnamon Grahams & Fruit	Chili Lime Rings & Fruit Pizza Crackers & Fruit	Cinnamon Granola & Fruit	NEW! Hummus w/ Wheat Crackers Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Goldfish Cheddar & Fruit
14	15	16	17	18
BBQ Poptillas & Fruit Educational Snacks & Fruit	Roasted Ranch Chickpeas & Fruit Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Cheese Stick & Fruit	Sunflower Seeds & Fruit Pizza Crackers & Fruit	Goldfish Pretzels & Fruit
21	22	23	24	25
Ranch Crackers & Fruit Giant Cinnamon Grahams & Fruit	Chili Lime Rings & Fruit Pizza Crackers & Fruit	Cinnamon Granola & Fruit	NEW! Hummus w/ Wheat Crackers Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Goldfish Cheddar & Fruit
28	29	30	31	
BBQ Poptillas & Fruit Educational Snacks & Fruit	Roasted Ranch Chickpeas & Fruit Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Cheese Stick & Fruit	Sunflower Seeds & Fruit Pizza Crackers & Fruit	

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

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