




# October 2017 Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 AM: home made pumpkin bread PM: popcorn & dried fruit	3 AM: yogurt & granola PM: cukes, ranch & pretzels	4 AM: cereal bar & sliced peaches PM: rice cakes, pb & raisins	5 AM: apples & pb PM: string cheese & grapes	6 AM: waffles & bananas PM: leftovers	7
8	9 AM: scram eggs & pears PM: eng muffin pizzas & pineapple	10 AM: home made apple bread PM: spanish rice & corn	11 AM: cottage cheese & berries PM: pumpkin seeds & orange slices	12 AM: oatmeal & dried fruit PM: turkey sand & carrots	13 AM: bagels w/ cr cheese & apples PM: leftovers	14
15	16 AM: pb toast & banana slices PM: goldfish & raisins	17 AM: bagel & cr cheese w/ cukes PM: egg salad & crackers w/ pickles	18 AM: home made zuke bread PM: sliced veggies & ranch	19 AM: applesauce & grahams PM: baked potatoes, broccoli & cheese	20 AM: breakfast pizza PM: leftovers	21
22	23 AM: pancakes & orange slices PM: cheese quesidillas & salsa	24 AM: cherrios, milk & bananas PM: pasta & tomato sauce	25 AM: veggie omlet PM: veggie straws & bananas	26 AM: home made banana bread PM: hummus, pickles & crackers	27 AM: boiled eggs & dried cranberries PM: leftovers	28
29	30 AM: Cream of Wheat & berries PM: mac & cheese w/ fresh raw gr beans	31 AM: home made cornbread PM: minestrone soup	 <p>Both snacks and lunch are served with bottled water or hormone free milk. All provided by FKS</p>			