

## SNACK CALENDAR October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>NO SCHOOL</b>	<b>2</b>  <b>NO SCHOOL</b>	<b>3</b>  AM: Fruit yogurt/ granola PM: Veggies/ pasta	<b>4</b>  AM: Fruit cereal/milk PM: Veggies rice cakes	<b>5</b>  AM: Fruit/ eggs toast PM: Veggies WW crackers
<b>8</b>  AM: Fruit/eggs biscuits PM: Veggies WW crackers	<b>9</b>  AM: Fruit cereal/milk PM: Veggies brown rice	<b>10</b>  AM: Fruit yogurt/graham crackers PM: Veggies/ pita	<b>11</b>  AM: Fruit waffles/honey PM: Veggies cheese	<b>12</b>  AM: Fruit bagels/cream cheese PM: Veggies trail mix
<b>15</b>  AM: Fruit cereal/milk PM: Veggies Mini pizza	<b>16</b>  AM: Fruit/WW tortilla/cheese slice wrap PM: Veggies pita crackers	<b>17</b>  AM: Fruit /rice cake sunbutter PM: Veggies/cheese	<b>18</b>  AM: Fruit, pancakes/ honey PM: Veggies WG crackers	<b>19</b>  AM: Fruit/eggs biscuits PM: Cupboard choice
<b>22</b>  AM: Fruit/ eggs toast PM: Veggies WG pasta	<b>23</b>  AM: Fruit Cereal/ milk PM: Veggies brown rice	<b>24</b>  AM: Fruit tortilla/sunbutter PM: Veggies/crackers	<b>25</b>  AM: Fruit yogurt /granola PM: Veggies pasta	<b>26</b>  AM: Fruit waffles/honey PM: Veggies WG crackers
<b>29</b>  AM: Fruit waffles/honey/ PM: Veggies brown rice	<b>30</b>  AM: Fruit yogurt/ granola PM: Veggies/cheese	<b>31</b>  AM: Fruit French toast honey PM: Veggies brown rice		

WW= whole wheat. WG+ Whole Grain Fruit and veggies will be fresh and seasonal unless indicated.

If your child is allergic to any of these snacks, you will need to provide snack for your child. Please let your child's teacher know if you are providing snack.