

October Snack Menu



	MON	TUE	WED	THU	FRI
WEEK 1				1 AM: Banana roll ups with sunbutter PM: Cucumber & cheese	2 AM: Apple nachos (apple with yogurt and granola drizzle) PM: Carrots & multigrain crackers
WEEK 2	5 AM: Banana & Ritz crackers PM: Broccoli & cheese	6 AM: Yogurt & bananas PM: Carrots & hummus	7 AM: Overnight oats with banana PM: Lentil chips and bean dipping	8 AM: Tortillas & sun butter PM: Pretzels and cucumbers	9 AM: Homemade granola & milk PM: Cheesy toast fingers (whole grain bread with melted cheese, sliced)
WEEK 3	12 AM: Oatmeal & banana PM: Quesadilla	13 AM: apple & sun butter PM: Lentil chips with bean dipping	14 AM: Mango chia seed pudding PM: Carrots & multigrain crackers	15 AM: Pineapple pancakes PM: Broccoli & cheese	16 AM: Yogurt & strawberries PM: Cucumber & pretzels
WEEK 4	19 AM: Banana & Ritz crackers PM: Broccoli & cheese	20 AM: Yogurt & bananas PM: Carrots & hummus	21 AM: Overnight oats with banana PM: Lentil chips and bean dipping	22 AM: Tortillas & sun butter PM: Pretzels and cucumbers	23 AM: Homemade granola & milk PM: Cheesy toast fingers (whole grain bread with melted cheese, sliced)
WEEK 5	26 AM: Banana and multigrain crackers PM: Tortilla with sunbutter	27 AM: mango & Ritz crackers PM: Banana pancake	28 AM: Banana roll ups PM: Cucumber & cheese	29 AM: Homemade granola & milk PM: Carrots & hummus	30 AM: Pineapple & graham crackers PM: Homemade pizza (tomato sauce, cheese, spinach)

Note: All the foods are cut up and/or cooked to meet the developmental stage of the kids in each group.