




October 2021 Snack Menu



	Mon	Tue	Wed	Thu	Fri
AM					1 Life Cereal w/ Milk
PM					Animal Crackers w/ Milk
AM	4 Cheerios w/ Milk	5 Scrambled Eggs w/ Cheese	6 Chex Cereal w/ Milk	7 Cheese Toast w/ Milk	8 Fruit Granola w/ Milk
PM	Tortilla Chips w/ Cheese Sauce	Yogurt & Graham Crackers	Pears w/ Crackers	Carrots w/ Ranch Dressing	Apples w/ Cheese Slices
AM	11 Yogurt w/ Fruit Granola	12 English Muffin w/ Apple Butter	13 Life Cereal w/ Milk	14 Pancakes w/ Milk	15 Cheerios w/ Milk
PM	Pineapple & Crackers	Breadsticks w/ Hummus	Vanilla Wafers w/ Milk	Pears & Crackers	Goldfish & Raisins
AM	18 Chex Cereal w/ Milk	19 Bagel w/ Cream Cheese	20 Nutra –grain Bars w/ Milk	21 Blueberry Muffin w/ Milk	22 Life Cereal w/ Milk
PM	Pretzels w/ Cheese Sauce	Peaches w/ Crackers	Cheese Quesadilla w/ Milk	Naan Dippers w/ Hummus	Applesauce w/ Graham Crackers
AM	25 Cheerios w/ Milk	26 Waffles w/ Blueberries	27 Fruit Granola w/ Milk	28 Toast w/ Jelly	29 Nutra –grain Bars w/ Milk
PM	Mandarin Oranges & Crackers	Yogurt & Graham Crackers	Trail Mix w/ Milk	Pineapple & Crackers	HARVEST FESTIVAL PARTY

MSDE & CACFP- Meal Requirements

Snack- Choose 2	Ages 1-2	Ages 3-5
Fluid Milk	4 fluid oz.	6 fluid oz
Fruit or Veggie	1/4 Cup	1/2 Cup
Bread, Bread Alt. or Cereal	1/2 Slice or 1/2 Cup	1/2 Slice or 1/2 cup
Meat or Meal Alt.	1 oz.	1 1/2 oz.



**Allergy Options: Applesauce (AM) & Pretzels (PM)
Milk & Water is Offered With Every Meal**

****SNACKS ARE SUBJECT TO CHANGE****