



October 2022 Snack Menu



	Mon	Tue	Wed	Thu	Fri
AM	3 Cheerios w/ Milk	4 Waffles w/ Milk	5 Nutra –grain Bars w/ Milk	6 Bagels w/Cream Cheese	2 Life Cereal w/ Milk I/T: Cheerios
PM	Pretzels w/ Cheese Sticks I/T: Graham Crackers	Mandarin Oranges & Crackers	Goldfish w/ Raisins	Pineapples & Crackers	Rice Cakes w/ Milk
AM	10 Yogurt w/ Fruit Granola I/T: No Fruit Granola	11 Biscuit w/ Jelly	12 Chex Cereal w/ Milk I/T: Rice Krispies Cereal	13 Pancakes w/ Milk	14 Yogurt w/ Blueberries
PM	Vanilla Wafers w/ Milk	Pears w/ Crackers	Blueberry Muffins w/ Milk	Applesauce w/ Crackers	Naan Dippers w/ Cream Cheese
AM	17 Life Cereal w/ Milk I/T: Cheerios	18 English Muffin w/ Apple Butter	19 Cheerios w/ Milk	20 Cheese Toast w/ Milk	21 Nutra –grain Bars w/ Milk
PM	Breadsticks w/ Cheese	Pineapples & Crackers	Animal Crackers w/ Milk	Mandarin Oranges & Crackers	Corn Muffins w/ Milk
AM	24 Rice Krispies Cereal w/ Milk	25 Yogurt w/ Graham Crackers	26 Scramble Eggs w/ Cheese	27 Fruit Granola w/ Milk I/T: Cheerios	28 French toast w/ Milk
PM	Tortilla Chips w/ Cheese Sauce I/T : Naan Dippers	Pears w/ Crackers	Applesauce & Graham Crackers	Cheese Quesadillas	FALL FESTIVAL PARTY
AM	31 Cheerios w/ Milk				
PM	Cheese Sticks w/ Crackers				

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

I/T- Infant Toddler Substitute Snack for 18 months & younger

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