



October 2022 Snack Menu



	Mon	Tue	Wed	Thu	Fri
AM	2 Chex Cereal w/ Milk I/T: Rice Krispies Cereal	3 Waffles w/ Milk	4 Life Cereal w/ Milk I/T: Cheerios	5 Bagels w/Cream Cheese	6 Yogurt w/ Fresh Fruit
PM	Goldfish & Raisins I/T: No Raisins	Mandarin Oranges & Crackers	Pears w/ Crackers	Applesauce & Graham Crackers	Blueberry Muffins w/ Milk
AM	9 Cheerios w/ Milk	10 French Toast w/ Milk	11 Fruit Granola w/ Milk I/T: Rice Krispies Cereal Tortilla Chips w/ Cheese Sauce	12 Pancakes w/ Milk	13 Nutra –grain Bars w/ Milk
PM	Rice Cakes w/ Apple Butter I/T: Cream Cheese	Pineapples & Crackers		Peaches w/ Crackers	Naan Dippers w/ Cream Cheese
AM	16 Life Cereal w/ Milk I/T: Cheerios Pretzels w/ Raisins I/T: Crackers & Cheese Sticks	17 Corn Muffins w/ Milk	18 Chex Cereal w/ Milk I/T: Rice Krispies Cereal	19 Cheese Toast w/ Milk	20 Yogurt w/ Fruit Granola I/T: No Fruit Granola
PM		Mixed Fruit w/Crackers	Vanilla Wafers w/ Milk	Pears w/Crackers	Animal Crackers w/ Milk
AM	23 Cheerios w/ Milk	24 Scrambled Eggs w/ Cheese	25 Nutra –grain Bars w/ Milk	26 English Muffin w/ Apple Butter I/T: Butter	27 Chex Cereal w/ Milk I/T: Rice Krispies Cereal
PM	Breadsticks w/ Cheese Sticks	Applesauce & Graham Crackers	Pretzels w/ Raisins I/T: Goldfish	Peaches w/Crackers	FALL FESTIVAL PARTY
AM	30 Yogurt w/ Fresh Fruit	31 Biscuits w/ Jelly I/T: Butter			
PM	Goldfish & Raisins I/T: No Raisins	Pineapples & 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****