October SNACK CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	AM & PM ⇨ FULL-DAY⇨	1 Yogurt, animal crackers & water Veggie sticks, fruit & water	2 Sunbutter sandwich, fruit & milk Crackers, fruit, string cheese & water	3 Quesadilla, fruit & milk Chex mix, carrots, ranch & water	4 Cereal, fruit & milk Pretzels, cream cheese, fruit & water	5
6	7 Pita chips w/ hummus, carrots & milk Graham crackers, applesauce & milk	8 Pasta w/ Veggies & milk Veggie sticks, fruit & water	9 Crunchy Rice Roll, fruit & milk Crackers, fruit, string cheese & water	10 Turkey, cheese pita & milk Chex mix, carrots, ranch & water	11 Smoothies, crackers & water Pretzels, cream cheese, fruit & water	12
13	14 Cereal fruit & milk Graham crackers, applesauce & milk	15 Smoothies, crackers & water Veggie sticks, fruit & milk	16 Sunbutter sandwich, fruit & milk Crackers, fruit, string cheese & water	17 Pita chips, hummus, carrots & milk Chex mix, carrots, ranch & water	18 Quesadilla, fruit & water Pretzels, cream cheese, fruit & water	19
20	21 Veggie Pasta w/ parmesan cheese, & water Graham crackers, applesauce & milk	22 Cereal, fruit & milk Veggie sticks, fruit & milk	23 Turkey, cheese pita & water Crackers, fruit, string cheese & water	24 Pancakes w/ jam, fruit & milk Chex Mix, carrots, ranch & water	25 Smoothies, crackers & water Pretzels, cream cheese, fruit & water	26
27	28 Chicken nuggets, carrot sticks & milk Graham crackers, applesauce & milk	29 Pancakes, fruit & milk Veggie sticks, fruit & milk	30 Yogurt, granola, fruit & water Crackers, fruit, string cheese & water	31 Quesadilla, fruit & water Chex mix, carrots, ranch & water		