October 2014 Snack Menu

	Monday	Tuesday	Wednesday	Thursday	
AM PM			1 Cereal & Milk Wheatsworth Crackers Bananas Pumpkin Smoothie	2 Cereal & Milk Spinach, Bean and Cheese Wheat Quesadilla Pineapple	3 Cereal & Milk Wheat Ritz Crackers Mixed Fruit Vanilla Yogurt
AM PM	6 Cereal & Milk Wheat Pita s\Cream Cheese Cucumbers Pumpkin Smoothie	7 Cereal & Milk Stoned Wheat Thins Cottage Cheese Peaches	8 Cereal & Milk Wheat cream cheese and Jelly Sandwiches Edamame's	9 Cereal & Milk Wheatsworth Crackers Cantaloupe Cheddar Cheese	10 Cereal & Milk Multi Grain Rice Cake Cottage Cheese Mixed fruit
AM PM	13 Cereal & Milk Graham Crackers Cottage cheese Mixed Berries	14 Cereal & Milk Spinach, Bean & Cheese Wheat Quesadilla Peaches	15 Cereal & Milk Wheat Ritz Crackers Cottage cheese Apple slices	16 Cereal & Milk Wheat Tortilla with Sunbutter Bananas	17 Cereal & Milk Wheatsworth Crackers Mixed Fruit Pumpkin Smoothie
AM PM	20 Cereal & Milk Multi Grain Rice Cake Sunbutter Bananas	21 Cereal & Milk Wheat Ritz Crackers String Cheese Edamame's	22 Cereal & Milk Wheat Pita w\marinara Monterey Jack Cheese Blueberries	23 Cereal & Milk Stoned Wheat Thins w\Sunbutter Pumpkin Smoothie	24 Cereal & Milk Wheat Pita Cheese Marinara Sauce Mixed Fresh fruit
AM PM	27 Cereal & Milk Wheat Sunbutter and Jelly Sandwiches Edamame's	28 Cereal & Milk Wheatsworth Cracker Steamed Green Beans Yogurt dip	29 Cereal & Milk Graham Crackers Bananas Cheddar cheese	30 Cereal & Milk Halloween Parties	31 Cereal & Milk Multi Grain Rice Cake w\Cream cheese & Jelly Mixed fruit