



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OCTOBER SNACK MENU

2 Whole Grain Cereal w/ Milk Fresh Fruit Apple Sauce w/ Whole Grain Goldfish	3 Waffles w/ Banana Slices and Honey Drizzle Mini Quesadilla w/ Fresh Fruit	4 Egg White and Bell Pepper Scramble w/ Wheat Toast String Cheese w/ Fresh Fruit	5 Blueberry Pancakes w/ Milk Apple Sauce w/ Graham Crackers	6 Whole Grain Fig Bars and Fresh Fruit Cheese Cubes w/ Wheat Thins and Carrots
9 Cream Cheese w/ Whole Grain Crackers and Fresh Fruit Vanilla Yogurt w/ Animal Crackers	10 Whole Wheat French Toast w/ Fruit Compote Cucumber Slices, Cottage Cheese and Pretzels	11 Egg White w/ Turkey Sausage and Whole Wheat Toast Fresh Fruit Smoothie w/ Whole Wheat Pretzel Twists	12 Bagels w/ Cream Cheese and Fresh Fruit Vanilla Yogurt w/Fresh Fruit	13 Oatmeal w/ Fresh Fruit Whole Wheat Italian Bruschetta Toast w/ Fresh Fruit
16 Whole Grain Fig Bars w/ Yogurt Cheese Cubes, Whole Grain Pretzels and Fresh Fruit	17 Egg and Turkey Bacon Burrito w/ Cheese Mini Quesadillas w/ Mandarins	18 Oatmeal Bar w/ Strawberry Yogurt Fresh Fruit w/ Pretzel Twist	19 Banana Pancake w/ Milk String Cheese w/ Orange Slices	20 Blueberry Muffins w/Milk Apple Sauce w/ Whole Grain Goldfish
23 Egg Bell Pepper Scramble w/ Wheat Toast Bean Salsa Dip w/Tortilla Chips	24 Waffles w/ Fruit Compote Vanilla Yogurt w/Fresh Fruit and Honey Drizzle	25 Whole Wheat French Toast w/Fruit Compote Cheese Cubes, Wheat Pretzels and Carrots	26 Blended Strawberry Yogurt w/ Granola Bar Cream Cheese w/ Whole Wheat Crackers and Fresh Fruit	27 Egg Whites w/ Cheese and Wheat Toast Fresh Fruit Smoothie and Whole Grain Goldfish
30 Blueberry Muffin w/ Vanilla Yogurt Fresh Fruit and Pretzel Twist	31 Whole Grain Cereal w/ Milk and Fresh Fruit Fresh Fruit w/ String Cheese			