

October

NSLP K-12 SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> educational snacks & string cheese <p>2</p>	<ul style="list-style-type: none"> goldfish pretzels & fruit <p>3</p>	<ul style="list-style-type: none"> NO SNACK <p>4</p>	<ul style="list-style-type: none"> zac attack apple bar & fruit <p>5</p>	<ul style="list-style-type: none"> goldfish cheddar crackers & fruit <p>6</p>
<ul style="list-style-type: none"> NO SCHOOL <p>9</p>	<ul style="list-style-type: none"> NO SCHOOL <p>10</p>	<ul style="list-style-type: none"> NO SCHOOL <p>11</p>	<ul style="list-style-type: none"> NO SCHOOL <p>12</p>	<ul style="list-style-type: none"> NO SCHOOL <p>13</p>
<ul style="list-style-type: none"> NO SCHOOL <p>16</p>	<ul style="list-style-type: none"> goldfish cheddar crackers & fruit <p>17</p>	<ul style="list-style-type: none"> NO SNACK <p>18</p>	<ul style="list-style-type: none"> goldfish pretzels & fruit <p>19</p>	<ul style="list-style-type: none"> ranch rumbles & fruit <p>20</p>
<ul style="list-style-type: none"> honey grahams & fruit <p>23</p>	<ul style="list-style-type: none"> educational snacks & sunbutter <p>24</p>	<ul style="list-style-type: none"> NO SNACK <p>25</p>	<ul style="list-style-type: none"> blazin' hot sunflower seeds & fruit <p>26</p>	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit <p>27</p>
<ul style="list-style-type: none"> sunflower seeds & fruit <p>30</p>	<ul style="list-style-type: none"> goldfish pretzels & fruit <p>31</p>			

what's new?

Snack happy. A balanced mid-day snack in the afternoon can be a healthy part of your diet! Look for whole grains, protein, and fat to tide you over until dinner.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

