

October 2021 Extended Day Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8 - In-service
AM: 1 Nutrigrain bar + 1/2 cup fruit PM: 1/2 cup pretzels + 1/2 cup veggies	AM: 1/2 cup oatmeal + 1/2 cup fruit PM: 4 crackers + 1 cheese stick	AM: 1/2 piece toast w/ jam + 1/2 cup fruit PM: 1/2 cup goldfish + 1/2 cup fruit	AM: 1/2 cup cereal w/ milk PM: 1/2 cup tortilla chips w/ salsa	AM: 1 graham cracker + 1/2 cup fruit PM: Jungle crackers + 1/2 cup veggies
11 - In-service	12	13	14	15
AM: 1/2 cup oatmeal + 1/2 cup fruit PM: 4 crackers + 1 cheese stick	AM: 1 Nutrigrain bar + 1/2 cup fruit PM: 1/2 cup pretzels + 1/2 cup veggies	AM: 1/2 cup cereal w/ milk PM: 1/2 cup tortilla chips w/ salsa	AM: 1 graham cracker + 1/2 cup fruit PM: Jungle crackers + 1/2 cup veggies	AM: 1/2 piece toast w/ jam + 1/2 cup fruit PM: 1/2 cup goldfish + 1/2 cup fruit
18	19	20	21	22 - In-service
AM: 1/2 cup cereal w/ milk PM: 1/2 cup tortilla chips w/ salsa	AM: 1/2 piece toast w/ jam + 1/2 cup fruit PM: 1/2 cup goldfish + 1/2 cup fruit	AM: 1 Nutrigrain bar + 1/2 cup fruit PM: 1/2 cup pretzels + 1/2 cup veggies	AM: 1/2 cup oatmeal + 1/2 cup fruit PM: 4 crackers + 1 cheese stick	AM: 1 graham cracker + 1/2 cup fruit PM: Jungle crackers + 1/2 cup veggies
25 - In-service	26	27	28	29
AM: 1/2 cup cereal w/ milk PM: 1/2 cup tortilla chips w/ salsa	AM: 1 Nutrigrain bar + 1/2 cup fruit PM: 1/2 cup pretzels + 1/2 cup veggies	AM: 1/2 cup oatmeal + 1/2 cup fruit PM: 4 crackers + 1 cheese stick	AM: 1 graham cracker + 1/2 cup fruit PM: Jungle crackers + 1/2 cup veggies	AM: 1/2 piece toast w/ jam + 1/2 cup fruit PM: 1/2 cup goldfish + 1/2 cup fruit