

October 2025

Preschool Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30		1 AM:Pancakes (1 ss), fruit (140g), milk (1 cup) PM:Goldfish (0.75oz), fruit (140g), milk (1 cup)	2 AM:Ritz Crackers (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup) PM:Pretzels (1oz),String Cheese(1ss), fruit (140g) milk (1 cup)	3
4	5 AM: Pancakes (1 ss), String Cheese(1ss), fruit (140g), milk (1 cup) PM:Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup)	6 AM:Ritz Crackers (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)	7 AM:Cereal (1 ss), fruit (140g), milk (1 cup) PM:Mini cheese ritz crackers (1.5oz), fruit (140g), milk (1 cup)	8 AM:Biscuit (1ss) and grape jelly (0.5oz), fruit (140g), milk (1 cup) PM:Goldfish (0.75oz), fruit (140g), milk (1 cup)	9 AM: Yogurt (113.4g), fruit (140g), milk (1 cup) PM:Animal Crackers (1ss), fruit (140g), milk (1 cup)	10
11	12 NO SCHOOL	13 AM:Nutri Grain Bar (1 bar), String Cheese(1ss), fruit (140g), milk (1 cup) PM: Yogurt (113.4g), fruit (140g), milk (1 cup)	14 AM:Cereal (1 ss), fruit (140g), milk (1 cup) PM:Ritz Crackers (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup)	15 AM:Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup) PM:Waffles (1 ss), fruit (140g), milk (1 cup)	16 AM:Quesadilla (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)	17
18	19 AM:Pancakes (1 ss), String Cheese(1ss), fruit (140g), milk (1 cup) PM:Goldfish (0.75oz), fruit (140g), milk (1 cup)	20 AM: Biscuit (1ss) and grape jelly (0.5oz), fruit (140g), milk (1 cup) PM:Nutri Grain Bar (1 bar), String Cheese(1ss), fruit (140g), milk (1 cup)	21 AM:Waffles (1 ss), fruit (140g), milk (1 cup) PM:Yogurt (113.4g), fruit (140g), milk (1 cup)	22 AM:Cheez-It (1.5oz), fruit (140g), milk (1 cup) PM:Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup)	23 AM: Cereal (1 ss), fruit (140g), milk (1 cup) PM:Blueberry Muffins (1 ss), fruit (140g), milk (1 cup)	24
25	26 AM:Ritz Crackers (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)	27 AM: Blueberry Muffins (1 ss), fruit (140g), milk (1 cup) PM:Cereal (1 ss), fruit (140g), milk (1 cup)	28 AM: Waffles (1 ss), fruit (140g), milk (1 cup) PM:Teddy Grahams (0.75oz), String Cheese(1ss), fruit (140g), milk (1 cup)	29 AM:Yogurt (113.4g), fruit (140g), milk (1 cup) PM:Pretzels (1oz),String Cheese(1ss), fruit (140g) milk (1 cup)	30 AM:Goldfish (0.75oz), fruit (140g), milk (1 cup) PM:Quesadilla (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup)	31

