

October

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>ritz crackers+ grapes</p> <hr/> <p>triscuits# apple slices</p>	<p>3</p> <p>belvita biscuits+ applesauce</p> <hr/> <p>pretzel crisps+ snap peas</p>	<p>4</p> <p>wheat thins+ peppers</p> <hr/> <p>goldfish ■##+ oranges</p>	<p>5</p> <p>goldfish+■## snap peas</p> <hr/> <p>belvita biscuits+ grapes</p>	<p>6</p> <p>pretzel crisps+ oranges</p> <hr/> <p>ritz crackers+ peppers</p>
<p>9</p> <p>bagels+, cream cheese■##, carrots</p> <hr/> <p>graham crackers+ bananas</p>	<p>10</p> <p>graham crackers+ bananas</p> <hr/> <p>triscuits+ oranges</p>	<p>11</p> <p>triscuits+ oranges</p> <hr/> <p>soft pretzels+ cucumbers</p>	<p>12</p> <p>tortilla chips salsa, apple slices</p> <hr/> <p>bagels+, cream cheese■##, carrots</p>	<p>13</p> <p>soft pretzels+ cucumbers</p> <hr/> <p>tortilla chips salsa, apple slices</p>
<p>16</p> <p>wheat thins+ peppers</p> <hr/> <p>cheez its■##+ oranges</p>	<p>17</p> <p>cheez its+■## oranges</p> <hr/> <p>ritz crackers+ pea pods</p>	<p>18</p> <p>ritz crackers+ cucumbers</p> <hr/> <p>gogurt■##+ apple slices</p>	<p>19</p> <p>pretzel crisps+ apple slices</p> <hr/> <p>graham crackers+ bananas</p>	<p>20</p> <p>belvita biscuits+ bananas</p> <hr/> <p>wheat thins+ peppers</p>
<p>23</p> <p>tortilla chips salsa, apple slices</p> <hr/> <p>belvita biscuits+ applesauce</p>	<p>24</p> <p>triscuits+ carrots</p> <hr/> <p>soft pretzels+ peppers</p>	<p>25</p> <p>soft pretzels+ peppers</p> <hr/> <p>tortilla chips salsa, apple slices</p>	<p>26</p> <p>graham crackers+ oranges</p> <hr/> <p>wheat thins+ carrots</p>	<p>27</p> <p>No School Parent/Teacher Conferences</p>
<p>30</p> <p>No School Parent/Teacher Conferences</p>	<p>31</p> <p>pretzel crisps+ apple slices</p> <hr/> <p>chex cereal mix+ with raisins, carrots</p>	<p>1</p> <p>chex cereal mix+ with raisins, carrots</p> <hr/> <p>pretzels crisps+ apple slices</p>	<p>2</p> <p>ritz crackers+ cucumbers</p> <hr/> <p>goldfish+■## oranges</p>	<p>3</p> <p>wheat thins+ oranges</p> <hr/> <p>ritz crackers+ pea pods</p>

Key to Common Allergens:

+ wheat or gluten ■ dairy ◆ soy # animal-derived ingredients * egg = sesame seed

Please note the snack listed at the top of each day is the All School Snack and the bottom snack is for the Explorers. Snack is subject to change due to availability.