

October

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">30</p> <p>cheez-its+■# cucumbers</p> <hr/> <p>graham crackers+ apples</p>	<p style="text-align: right;">1</p> <p>rice chex raisins</p> <hr/> <p>pretzels+ carrots</p>	<p style="text-align: right;">2</p> <p>graham crackers+ apples</p> <hr/> <p>rice chex raisins</p>	<p style="text-align: right;">3</p> <p>wheat thins+ peppers</p> <hr/> <p>cheez-its+■# cucumbers</p>	<p style="text-align: right;">4</p> <p>pretzels+ carrots</p> <hr/> <p>wheat thins+ peppers</p>
<p style="text-align: right;">7</p> <p>ritz crackers+ carrots</p> <hr/> <p>belvita biscuits+ applesauce</p>	<p style="text-align: right;">8</p> <p>belvita biscuits+ applesauce</p> <hr/> <p>saltines+, cheese■# craisins</p>	<p style="text-align: right;">9</p> <p>saltines+, cheese■# craisins</p> <hr/> <p>goldfish+■# cucumbers</p>	<p style="text-align: right;">10</p> <p>tortilla chips salsa, apples</p> <hr/> <p>ritz crackers+ carrots</p>	<p style="text-align: right;">11</p> <p>goldfish+■# cucumbers</p> <hr/> <p>tortilla chips salsa, apples</p>
<p style="text-align: right;">14</p> <p>No School Professional Development Day</p>	<p style="text-align: right;">15</p> <p>wheat thins+ peppers</p> <hr/> <p>pirate booty■# cucumbers</p>	<p style="text-align: right;">16</p> <p>pirate booty■# cucumbers</p> <hr/> <p>string cheese■# apples</p>	<p style="text-align: right;">17</p> <p>pretzel crisps+ carrots</p> <hr/> <p>wheat thins+ peppers</p>	<p style="text-align: right;">18</p> <p>string cheese■# apples</p> <hr/> <p>graham crackers+ oranges</p>
<p style="text-align: right;">21</p> <p>tortilla chips salsa, apples</p> <hr/> <p>belvita biscuits+ applesauce</p>	<p style="text-align: right;">22</p> <p>ritz crackers+ carrots</p> <hr/> <p>corn chex craisins</p>	<p style="text-align: right;">23</p> <p>corn chex craisins</p> <hr/> <p>tortilla chips salsa, apples</p>	<p style="text-align: right;">24</p> <p>No School Today</p>	<p style="text-align: right;">25</p> <p>No School Today</p>
<p style="text-align: right;">28</p> <p>goldfish+■# cucumbers</p> <hr/> <p>pretzels+ peppers</p>	<p style="text-align: right;">29</p> <p>pretzels+ peppers</p> <hr/> <p>goldfish+■# cucumbers</p>	<p style="text-align: right;">30</p> <p>gogurt■# apples</p> <hr/> <p>graham crackers+ oranges</p>	<p style="text-align: right;">31</p> <p>bagels*+, cream cheese■#, carrots</p> <hr/> <p>gogurt■# apples</p>	<p style="text-align: right;">1</p> <p>graham crackers+ oranges</p> <hr/> <p>bagels*+, cream cheese■#, carrots</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 and Yellow 4K PM. Snack is subject to change due to availability.