

October

SNACK



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| RF Honey Wheat Crackers/ Sunbutter 2 | Goldfish Cheese Crackers/ Fruit 3 | Ranch Rumbles/ Fruit 4 | Dick and Jane Crackers/ String Cheese 5 | Goldfish Pretzels/ Fruit 6 |
| HOLIDAY 9 | Blazin Hot Seeds/ Fruit String Cheese/ Fruit 10 | Goldfish "Hot & Spicy" Cheddar Crackers/ Fruit 11 | Salsa Rumbles/ Fruit 12 | Goldfish "Colors" Cheddar Crackers/ Fruit 13 |
| RF Honey Wheat Crackers/ Fruit 16 | Goldfish Cheese Crackers/ Fruit 17 | Ranch Rumbles/ Fruit 18 | Goldfish Pretzels/ Fruit 19 | Dick and Jane Crackers/ String Cheese 20 |
| Salsa Rumbles/ Fruit 23 | Skeeter Honey Grahams/ Fruit 24 | Goldfish "Hot & Spicy" Cheddar Crackers/ Fruit 25 | Sunflower Seeds/ Fruit String Cheese/ Fruit 26 | Goldfish "Colors" Cheddar Crackers/ Fruit 27 |
| Cinnamon Rumbles/ Fruit 30 | Dick and Jane Crackers/ Sunbutter 31 | | | |

Did you know?

Small bites, big nutrition. Healthy snacks can provide growing kids with important energy between meals. Choose whole grains, lean protein, and fruits or veggies for your best energy between meals.

