

October Snack Menu

USDA SNACKS FOR SAFEKEY/TEEN SCENE 21ST CENTURY/TITLE 1/GEAR UP

Mon	Tue	Wed	Thu	Fri
			1 *Yogurt, Trix (4 oz.) Mini Pretzels (.5 oz pkg.) *100% Juice (6 oz.)	2 Low Fat Sugar Cookie (1.33 oz.) Milk (8 oz.)
5 LABOR DAY	6 Cinnamon Graham Sticks (1 oz.) Milk (8 oz.)	7 *String Cheese (1 oz.) Mini Pretzels (.5 oz.) *100% Juice	8 Muffin (1.8 oz.) Milk (8 oz.)	9 Animal Crackers (1 oz.) 100% Juice (6 oz.)
12 Yogurt, Trix (4 oz.) 100% Juice (6 oz.)	13 Low Fat Sugar Cookie (1.33 oz.) Milk (8 oz.)	14 *String Cheese (1 oz.) *100% Apple Juice (6 oz.) Mini Pretzels (.5 oz. pkg)	15 Cinnamon Roll (2.2 oz.) Milk (8 oz.)	16 Cinnamon Graham Sticks (1 oz.) Milk (8 oz.)
19 Low Fat Sugar Cookie (1.33 oz.) Milk (8 oz.)	20 Cinnamon Graham Sticks (1 oz.) 100% Juice (6 oz.)	21 Muffin (1.8 oz.) Milk (8 oz.)	22 Animal Crackers (1 oz.) 100% Juice (6 oz.)	23 *String Cheese (1 oz.) Mini Pretzels (.5 oz. pkg) *100% Juice (6 oz.)
26 Animal Crackers (1 oz.) Milk (8 oz.)	27 *String Cheese (1 oz.) *100% Apple Juice (6 oz.) Mini Pretzels (.5 oz)	28 Cinnamon Graham Sticks (1 oz.) Milk (8 oz.)	29 *Yogurt, Trix (4 oz.) Mini Pretzels (.5 oz pkg.) *100% Juice (6 oz.)	30 NEVADA DAY HOLIDAY