

Snack Menu for October, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 am: Scrambled Cheesy Eggs, Fruit pm: Pita Bread w/ Tzatziki, Cucumbers	2 am: Cereal, Bananas pm: Saltine Crackers, Cheese Cubes, Fruit	3 am: Waffles, Fruit pm: Matzo & Applesauce
6 am: Pumpkin Muffins, Fruit pm: Veggies w/ Ranch Dressing & Wheat Thins	7 am: Cereal, Bananas pm: Rice Cakes w/ Apple Butter, Fruit	8 am: Cheese Toast, Fruit pm: Animal Crackers, Fruit Cocktail	9 am: Cereal, Bananas pm: Vanilla Yogurt w/ Fruit Parfaits	10 am: Blueberry Muffins, Fruit pm: Turkey & Cheese Pinwheels, Fruit
13 am: Apple Cinnamon Muffins, Fruit pm: Graham Crackers, Bananas	14 am: Cereal, Bananas pm: Banana Bread, Applesauce	15 am: Strawberry Muffins, Fruit pm: Strawberry Yogurt w/ Fruit Parfaits	16 am: Cereal, Bananas pm: Veggies w/ Ranch Dressing & Wheat Thins	17 am: Scrambled Cheesy Eggs, Fruit pm: Tea Sandwiches – Cream Cheese on Wheat, Fruit
20 am: Bagels w/ Cream Cheese, Fruit pm: Vanilla Yogurt w/ Fruit Parfaits	21 am: Cereal, Bananas pm: Costa Rican Batidos (smoothies), Graham Crackers	22 am: Cinnamon Toast, Fruit pm: Saltine Crackers, Cheese Cubes, Fruit	23 am: Cereal, Bananas pm: Pita Bread w/ Tzatziki, Cucumbers	24 am: Blueberry Pancakes, Fruit pm: Cornbread, Applesauce
27 am: Raisin Toast, Fruit pm: Cream Cheese & Jelly Pinwheels, Fruit	28 am: Cereal, Bananas pm: Peach Yogurt w/ Fruit Parfaits	29 am: Oatmeal w/ Blueberries pm: Rice Cakes w/ Apple Butter, Fruit	30 am: Cereal, Bananas pm: Animal Crackers, Fruit	31 am: Wheat Toast w/ Butter, Fruit pm: HALLOWEEN PARTIES

MENU SUBJECT TO CHANGE ** WE SERVE MILK AND WATER WITH ALL SNACKS

****We will provide an alternate snack for those with allergies and/or food preferences.**

We serve fruit that is fresh, canned or frozen in natural juices and whole grain bread, cereal and crackers most frequently; 1% milk for children 2 years & older and whole milk to children 12-24 months old. We have indicated items with ethnic origin in bold print. Snacks may be switched from time to time due to items being out of stock in the stores or a surplus of items we have in the center. **We are a peanut free facility.**

****Foods not served to children under the age of 4 due to potential choking hazards:** Hot dogs - whole or rounds, Whole Grapes, Whole Cherry Tomatoes, Whole Raw Carrots, Hard Candy, Nuts & Seeds, Raw Peas, Hard Pretzels, Popcorn, Raisins, Marshmallows, Chunks of meat larger than ½ inch.