

Snack Menu for October, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 am: Cereal, Bananas pm: Costa Rican Batidos (smoothies), Graham Crackers	2 am: Blueberry Muffins Fruit pm: Vanilla Yogurt w/ Fruit Parfaits
5 am: Cottage Cheese, Fresh Fruit pm: Veggies w/ Ranch Dressing, Whole Wheat Crackers	6 am: Cereal, Bananas pm: Cream Cheese & Jelly Pinwheels, Fruit	7 am: Scrambled Cheesy Eggs, Fruit pm: Rice Cakes w/ Apple Butter, Fruit	8 am: Cereal, Bananas pm: Strawberry Yogurt w/ Fruit Parfaits	9 am: Oatmeal w/ Blueberries pm: Multigrain Crackers, Cheese Cubes, Fruit
12 am: Strawberry Yogurt w/ Fruit Parfaits pm: Graham Crackers, Applesauce	13 am: Cereal, Bananas pm: Tea Sandwiches - Cheese on Wheat, Fruit	14 am: Strawberry Muffins, Fruit pm: Matzo Ball Soup, Fruit	15 am: Cereal, Bananas pm: Peach Yogurt w/ Fruit Parfaits	16 am: Raisin Toast w/ Butter, Fruit pm: Banana Bread, Fruit
19 am: Bagels w/ Cream Cheese, Fruit pm: Matzo & Applesauce	20 am: Cereal, Bananas pm: Vanilla Yogurt w/ Fruit Parfaits	21 am: Cinnamon Toast, Fruit pm: Graham Crackers, Bananas	22 am: Cereal, Bananas pm: Saltine Crackers, Cheese Cubes, Fruit	23 am: Pancakes w/ Blueberries pm: Pita Bread, Tzatziki, Cucumbers
26 am: Matzo w/ Cream Cheese, Fruit pm: Animal Crackers, Fruit	27 am: Cereal, Bananas pm: Rice Cakes w/ Apple Butter, Fruit	28 am: Waffles, Fruit pm: Tea Sandwiches – Cream Cheese on Wheat, Cucumbers	29 am: Cereal, Bananas pm: Veggies w/ Ranch Dressing, Whole Wheat Crackers	30 am: Whole 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.