

OCTOBER 2023		K-12TH GRADE SNACK MENU		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Applesauce Cup (½ C - 14 CHO) 4 oz 100% Juice* President Coins (22 oz - 1 WG - CHO)	4 oz 100% Juice* Mandarin Oranges (½ Cup - 23 CHO) Bug Bite Crackers (1 WG - 21 CHO)	Milk* Cheddar Cheez-It Crackers (1 oz WG - 14 CHO)	½ C 100% Juice* Fresh Banana (½ Cup - 23 CHO) String Cheese (1 oz MMA - 0 CHO)	Milk* Tiger Bites (1 oz WG - 20 CHO)
9	10	11	12	13
4 oz 100% Juice* Applesauce Cup (½ C - 14 CHO) Graham Cracker (1 oz - 17 CHO)	4 oz 100% Juice* Mandarin Oranges (½ Cup - 23 CHO) Pretzels (1 WG - 16 CHO)	Milk* Cheddar Goldfish (1 oz WG - 14 CHO)	½ C 100% Juice* Fresh Banana (½ Cup - 23 CHO) Giant Goldfish (1 oz WG - 19 CHO)	Milk* Animal Crackers (1 oz WG - 22 CHO)
16	17	18	19	20
4 oz 100% Juice* Applesauce Cup (½ C - 14 CHO) President Coins (22 oz - 1 WG - CHO)	4 oz 100% Juice* Mandarin Oranges (½ Cup - 23 CHO) Bug Bite Crackers (1 WG - 21 CHO)	Milk* Cheddar Cheez-It Crackers (1 oz WG - 14 CHO)	½ C 100% Juice* Fresh Banana (½ Cup - 23 CHO) String Cheese (1 oz MMA - 0 CHO)	Milk* Tiger Bites (1 oz WG - 20 CHO)
23	24	25	26	27
4 oz 100% Juice* Applesauce Cup (½ C - 14 CHO) Graham Cracker (1 oz - 17 CHO)	4 oz 100% Juice* Mandarin Oranges (½ Cup - 23 CHO) Pretzels (1 WG - 16 CHO)	Milk* Cheddar Goldfish (1 oz WG - 14 CHO)	½ C 100% Juice* Fresh Banana (½ Cup - 23 CHO) Giant Goldfish (1 oz WG - 19 CHO)	Milk* Animal Crackers (1 oz WG - 22 CHO)
30	31	Apple Juice (14 CHO), Fruit Punch Juice (14 CHO)*		
4 oz 100% Juice* Applesauce Cup (½ C - 14 CHO) President Coins (22 oz - 1 WG - CHO)	4 oz 100% Juice* Mandarin Oranges (½ Cup - 23 CHO) Bug Bite Crackers (1 WG - 21 CHO)			