



OCTOBER 2022 SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheez-It Crackers 100% Fruit Juice	4 Scooby Doo Grahams 1% Milk	5 Doritos 100% Fruit Juice	6 Strawberry Nutri-Grain Bar 1% Milk	7 Cinnamon Belly Bear Grahams 1% Milk
10 Blueberry Muffin 1% Milk	11 Baked Cheetos 100% Fruit Juice	12 Goldfish Pretzels String Cheese	13 Cereal Bar 1% Milk	14 Strawberry Banana Yogurt Cinnamon Bug Bite Grahams
17 Animal Crackers 1% Milk	18 Scooby Doo Grahams 100% Fruit Juice	19 Banana Muffin 1% Milk	20 Cheddar Goldfish Crackers Cheese Stick	21 Doritos 100% Fruit Juice
24 Churro Crunchers 100% Fruit Juice	25 Cheez-It Crackers 100% Fruit Juice	26 Apple Cinnamon Nutri-Grain Bar 1% Milk	27 Vanilla Goldfish Grahams 1% Milk	28 Munchies Snack Mix 100% Fruit Juice

31 Chocolate Muffin 1% Milk
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ROASTED PUMPKIN SEEDS




1. Preheat oven to 350 degrees F
2. Rise and dry pumpkin seeds
3. Season seeds with spice of your choosing
4. Bake until golden brown (10-25 minutes)

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
- Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
- Nutrition and allergen information available at www.FSPro.com
- Menu items do not contain pork
- + Item does not contain meat

Menu Subject to Change

SNK

Please visit us at www.FSPro.com

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