



OCTOBER 2022 SNACK

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

31
Chocolate Muffin
100% Fruit Juice



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

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