

NOVEMBER 2022 SNACK

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
|  | 1 Cheddar Goldfish Crackers Cheese Stick | 2 Bug Bite Grahams 1% Milk | 3 Baked Cheetos 100% Fruit Juice | 4 Churro Crunchers 1% Milk |
| 7 Banana Muffin 1% Milk | 8 Goldfish Pretzels String Cheese | 9 Scooby Doo Grahams 1% Milk | 10 Doritos 100% Fruit Juice | 11 Strawberry Nutri-Grain Bar Cheese Stick |
| 14 Animal Crackers 1% Milk | 15 Munchies Snack Mix Fresh Fruit | 16 Strawberry Banana Yogurt Cinnamon Bug Bite Grahams | 17 Cheez-It Crackers 100% Fruit Juice | 18 Blueberry Muffin 1% Milk |
| 21 Belly Bear Grahams 1% Milk | 22 Baked Cheetos 100% Fruit Juice | 23 Scooby Doo Grahams 1% Milk |  <p><i>Thanksgiving</i></p> | |
| 28 Chocolate Muffin 1% Milk | 29 Doritos 100% Fruit Juice | 30 Cereal Bar 1% Milk | <div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 2em; margin-right: 10px;">TASTE THE SUNSET</div> <div> <p>Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.</p> </div> </div> | |

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
 - Nutrition and allergen information available at www.FSPro.com
 - Menu items do not contain pork
 - + Item does not contain meat
- *Menu Subject to Change*

Please visit us at www.FSPro.com

SNK

This institution is an equal opportunity provider.

