

# NOVEMBER 2022 SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Cheddar Goldfish Crackers</b> Cheese Stick	<b>2</b> <b>Bug Bite Grahams</b> 100% Fruit Juice	<b>3</b> <b>Baked Cheetos</b> 100% Fruit Juice	<b>4</b> <b>Churro Crunchers</b> 100% Fruit Juice
<b>7</b> <b>Banana Muffin</b> 100% Fruit Juice	<b>8</b> <b>Goldfish Pretzels</b> String Cheese	<b>9</b> <b>Scooby Doo Grahams</b> 100% Fruit Juice	<b>10</b> <b>Doritos</b> 100% Fruit Juice	<b>11</b> <b>Strawberry Nutri-Grain Bar</b> Cheese Stick
<b>14</b> <b>Animal Crackers</b> 100% Fruit Juice	<b>15</b> <b>Munchies Snack Mix</b> Fresh Fruit	<b>16</b> <b>Strawberry Banana Yogurt</b> Cinnamon Bug Bite Grahams	<b>17</b> <b>Cheez-It Crackers</b> 100% Fruit Juice	<b>18</b> <b>Blueberry Muffin</b> 100% Fruit Juice
<b>21</b> <b>Belly Bear Grahams</b> 100% Fruit Juice	<b>22</b> <b>Baked Cheetos</b> 100% Fruit Juice	<b>23</b> <b>Scooby Doo Grahams</b> 100% Fruit Juice	 <p><i>Thanksgiving</i></p>	
<b>28</b> <b>Chocolate Muffin</b> 100% Fruit Juice	<b>29</b> <b>Doritos</b> 100% Fruit Juice	<b>30</b> <b>Cereal Bar</b> 100% Fruit Juice	<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](http://www.FSPro.com)
  - Menu items do not contain pork
  - + Item does not contain meat
- \*Menu Subject to Change\*



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