



## October 2026 Morning Snack Calendar

Please provide for \_\_\_ children. All snacks must be nut free, not processed in a plant containing nuts and store bought.

| <i>Monday</i>                                              | <i>Tuesday</i>                                                    | <i>Wednesday</i>                                       | <i>Thursday</i>                                                  | <i>Friday</i>                                     |
|------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------|
|                                                            |                                                                   | String cheese and apple sauce                          | <b>1</b><br>Low sugar cereal (nut free) and fresh oranges        | <b>2</b><br>Fresh blueberries and yogurt          |
| <b>5</b><br>Whole wheat bread, jam and fresh UNCUT oranges | <b>6</b><br>Mini bagels and blueberries                           | <b>7</b><br>Waffles and syrup                          | <b>8</b><br>Fresh UNCUT strawberries and cottage cheese          | <b>9</b><br>Multigrain Cheerios and bananas       |
| <b>12</b><br>French toast sticks and bananas               | <b>13</b><br>Cucumbers with cream cheese and whole grain crackers | <b>14</b><br>Raisin bread and cream cheese             | <b>15</b><br>Cucumbers, whole wheat crackers and hummus          | <b>16</b><br>Oatmeal and fresh UNCUT strawberries |
| <b>19</b><br>Fresh UNCUT strawberries and yogurt           | <b>20</b><br>Mini pancakes and syrup                              | <b>21</b><br>Oatmeal and bananas                       | <b>22</b><br>Vitamin fortified cereal bars and fresh UNCUT fruit | <b>23</b><br>Drinkable yogurt and clementines     |
| <b>26</b><br>Fresh UNCUT fruit and English Muffins         | <b>27</b><br>Mini bagels and fresh UNCUT fruit                    | <b>28</b><br>Celery, cream cheese and healthy crackers | <b>29</b><br>Pumpkin muffin/bread-<br>NUT FREE AND STORE BOUGHT  | <b>30</b><br>Kids Healthy Choice<br>😊             |

## October 2026 Afternoon Snack Calendar

| <i>Monday</i>                                                                                 | <i>Tuesday</i>                                                                                   | <i>Wednesday</i>                                                                              | <i>Thursday</i>                                                                                 | <i>Friday</i>                                                                               |
|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
|                                                                                               |                                                                                                  |                                                                                               | <b>1</b><br><b>Oranges and wheat thins</b><br>5pm Snack:<br>_____<br><b>(Milk)</b>              | <b>2</b><br><b>Applesauce and graham crackers</b><br>5pm Snack:<br>_____<br><b>(Milk)</b>   |
| <b>5</b><br><b>Pita Bread and hummus</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>          | <b>6</b><br><b>Bananas and Cheerios</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>              | <b>7</b><br><b>Pretzels and cheddar cheese</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>    | <b>8</b><br><b>Whole Wheat Toast and jam</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>        | <b>9</b><br><b>Oatmeal and raisins</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>          |
| <b>12</b><br><b>Fresh oranges and wheat thins</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b> | <b>13</b><br><b>Carrots and ranch dressing</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>       | <b>14</b><br><b>English muffin pizzas</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>         | <b>15</b><br><b>Celery sticks and ranch dip</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>     | <b>16</b><br><b>Cheddar cheese and crackers</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b> |
| <b>19</b><br><b>Pretzels and string cheese</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>    | <b>20</b><br><b>Bananas and Cheerios</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>             | <b>21</b><br><b>Vitamin fortified cereal bars</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b> | <b>22</b><br><b>Animal crackers and fresh fruit</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b> | <b>23</b><br><b>Kids healthy Choice</b><br>😊<br>5pm Snack:<br>_____<br><b>(Milk)</b>        |
| <b>26</b><br><b>Apples and cheddar cheese</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>     | <b>27</b><br><b>Cheddar cheese and ritz crackers</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b> | <b>28</b><br><b>Cereal bars and fresh fruit</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>   | <b>29</b><br><b>Kids Healthy Choice</b><br>😊<br>5pm Snack:<br>_____<br><b>(Milk)</b>            | <b>30</b><br><b>Quesadillas and mild salsa</b><br><br>5pm Snack:<br>_____<br><b>(Milk)</b>  |