

MORNING SNACK CALENDAR

**November**

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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<p><b>1</b> Kids Healthy Choice ☺  (Milk)</p>	<p><b>2</b> String cheese and apples (uncut)  (Milk)</p>	<p><b>3</b> Multigrain Cheerios (nut free) and bananas  (Milk)</p>	<p><b>4</b> Oatmeal and fresh uncut berries  (Milk)</p>
<p><b>7</b> Whole wheat bread, jam and fresh uncut oranges  (Milk)</p>	<p><b>8</b> Mini bagels and fresh uncut fruit  (Milk)</p>	<p><b>9</b> Waffles and syrup  (Milk)</p>	<p><b>10</b> Fresh uncut strawberries and cottage cheese  (Milk)</p>	<p><b>11</b> Fresh fruit salad (store bought)  (Milk)</p>
<p><b>14</b> English muffins, cream cheese and fresh uncut fruit  (Milk)</p>	<p><b>15</b> French toast sticks and bananas  (Milk)</p>	<p><b>16</b> Raisin bread and cream cheese  (Milk)</p>	<p><b>17</b> Cucumbers, whole wheat crackers and hummus  (Milk)</p>	<p><b>18</b> Pancakes and fresh berries  (Milk)</p>
<p><b>21</b> Fresh blueberries and low sugar cereal  (Milk)</p>	<p><b>22</b> Vitamin fortified cereal bars and fresh uncut fruit  (Milk)</p>	<p><b>23</b> Pumpkin muffins or bread (NUT FREE/STORE BOUGHT)  (Milk)</p>	<p><b>24</b> CVDS CLOSED  </p>	<p><b>25</b> CVDS CLOSED  </p>
<p><b>28</b> Fresh uncut Strawberries and vanilla yogurt  (Milk)</p>	<p><b>29</b> Kids Healthy Choice ☺  (Milk)</p>	<p><b>30</b> Fresh uncut cantaloupe and low sodium ham  (Milk)</p>		

**\*Please be sure ALL snack products are NUT-FREE and NOT PROCESSED IN A PLANT CONTAINING NUTS.**

**2022**

# November

## Afternoon Snack Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<p><b>1</b></p> <p>Whole wheat crackers and string cheese</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>2</b></p> <p>Vitamin fortified cereal bars</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>3</b></p> <p>Pretzels and cheese</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>4</b></p> <p>Whole wheat mini bagels and bananas</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>
<p><b>7</b></p> <p>Oranges and string cheese</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>8</b></p> <p>Quesadillas and mild salsa</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>9</b></p> <p>Toast and grape jam</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>10</b></p> <p>Celery sticks, hummus and whole wheat crackers</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>11</b></p> <p>Vanilla yogurt and fresh fruit</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>
<p><b>14</b></p> <p>Whole wheat crackers and peaches</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>15</b></p> <p>Apples and string cheese</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>16</b></p> <p>English muffin pizzas</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>17</b></p> <p>Pretzels and cheddar cheese</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>18</b></p> <p>Pineapple and Ritz crackers</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>
<p><b>21</b></p> <p>Applesauce and graham crackers</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>22</b></p> <p>Pears and goldfish crackers</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>23</b></p> <p>CVDS CLOSSES at 3:00 PM</p>	<p><b>24</b></p> <p>CVDS CLOSED</p> 	<p><b>25</b></p> <p>CVDS CLOSED</p> 
<p><b>28</b></p> <p>Pita bread and hummus</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>	<p><b>29</b></p> <p>Kids Healthy Choice 😊</p> <p>5pm: Snack:</p> <hr/> <p>(Milk)</p>	<p><b>30</b></p> <p>Carrots and ranch dressing</p> <p>5pm Snack:</p> <hr/> <p>(Milk)</p>		

# 2022