

# October 2022 Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Chewy Granola Bar Juice 3	Bananas Wheat Thins 4	Sliced Cheese Saltine Crackers 5	Ham Club Crackers 6	Fruit Loops Juice 7
Afternoon	Goldfish String Cheese	White Cheddar Cheez Its/Juice	Veggie Straws Juice	Chex Mix Juice	Lance Cheese Crackers
Morning	Pop Tarts Juice 10	Turkey Club Crackers 11	Muffins Juice 12	Nutri Grain Bar 13	Granola Bar Juice 14
Afternoon	Cheez Its Gogurt	Animal Crackers Juice	Vanilla Wafers Peanut Butter	Snack Mix Juice	Lance Nekot Cookies
Morning	Sliced Cheese Saltine Crackers 17	Graham Crackers Gogurt 18	Ham Club Crackers 19	Apples Pretzels 20	Pepperoni Ritz Crackers 21
Afternoon	White Cheddar Cheez Its/Juice	Goldfish Juice	Chex Mix Juice	Veggie Straws Juice	Lance Cheese Crackers
Morning	Turkey Crackers 24	Fruit Loops Juice 25	Bananas Wheat Thins 26	Nutri Grain Bar Juice 27	Pop Tart Juice 28
Afternoon	Snack Mix Juice	Cinnamon Graham Crackers/String Cheese	Animal Crackers Juice	Vanilla Wafers Peanut Butter	Lance Peanut Butter Crackers
Morning	Sliced Cheese Saltine Crackers 31				
Afternoon	Chewy Granola Bar Juice				

\*Water or 100% Juice served daily with snack. The menu is subject to change based on product availability.

Heritage Child Development Center

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