

October

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">30</p> <p>cheez-its+■# cucumbers</p> <hr/> <p>graham crackers+ apples</p>	<p style="text-align: right;">1</p> <p>rice chex raisins</p> <hr/> <p>pretzels+ carrots</p>	<p style="text-align: right;">2</p> <p>graham crackers+ apples</p> <hr/> <p>rice chex raisins</p>	<p style="text-align: right;">3</p> <p>wheat thins+ peppers</p> <hr/> <p>cheez-its+■# cucumbers</p>	<p style="text-align: right;">4</p> <p>pretzels+ carrots</p> <hr/> <p>wheat thins+ peppers</p>
<p style="text-align: right;">7</p> <p>ritz crackers+ oranges</p> <hr/> <p>belvita biscuits+ applesauce</p>	<p style="text-align: right;">8</p> <p>belvita biscuits+ applesauce</p> <hr/> <p>saltines+, cheese■# craisins</p>	<p style="text-align: right;">9</p> <p>saltines+, cheese■# craisins</p> <hr/> <p>goldfish+■# cucumbers</p>	<p style="text-align: right;">10</p> <p>tortilla chips salsa, apples</p> <hr/> <p>ritz crackers+ oranges</p>	<p style="text-align: right;">11</p> <p>goldfish+■# cucumbers</p> <hr/> <p>tortilla chips salsa, apples</p>
<p style="text-align: right;">14</p> <p>graham crackers+ oranges</p> <hr/> <p>rice chex raisins</p>	<p style="text-align: right;">15</p> <p>wheat thins+ peppers</p> <hr/> <p>pirate booty■# cucumbers</p>	<p style="text-align: right;">16</p> <p>pirate booty■# cucumbers</p> <hr/> <p>goldfish+■# apples</p>	<p style="text-align: right;">17</p> <p>pretzel crisps+ carrots</p> <hr/> <p>wheat thins+ peppers</p>	<p style="text-align: right;">18</p> <p>goldfish+■# apples</p> <hr/> <p>graham crackers+ oranges</p>
<p style="text-align: right;">21</p> <p>tortilla chips salsa, apples</p> <hr/> <p>belvita biscuits+ applesauce</p>	<p style="text-align: right;">22</p> <p>ritz crackers+ carrots</p> <hr/> <p>corn chex craisins</p>	<p style="text-align: right;">23</p> <p>corn chex craisins</p> <hr/> <p>tortilla chips salsa, apples</p>	<p style="text-align: right;">24</p> <p>belvita biscuits+ applesauce</p> <hr/> <p>ritz crackers+ carrots</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">No School Parent/Teacher Conferences</p>
<p style="text-align: right;">28</p> <p>goldfish+■# cucumbers</p> <hr/> <p>pretzels+ peppers</p>	<p style="text-align: right;">29</p> <p>pretzels+ peppers</p> <hr/> <p>goldfish+■# cucumbers</p>	<p style="text-align: right;">30</p> <p>gogurt■# apples</p> <hr/> <p>graham crackers+ oranges</p>	<p style="text-align: right;">31</p> <p>bagels*+, cream cheese■#, carrots</p> <hr/> <p>gogurt■# apples</p>	<p style="text-align: right;">1</p> <p>graham crackers+ oranges</p> <hr/> <p>bagels*+, cream cheese■#, carrots</p>

Key to Common Allergens:

+ wheat or gluten ■ dairy ◆ soy # animal-derived ingredients * egg = sesame seed

Please note the snack listed at the top of each day is the All School Snack and the bottom snack is for the Explorers and Yellow 4K PM. Snack is subject to change due to availability.