



# October 2023 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 AM Raspberry Yogurt and Gram Crackers PM Trail Mix and Oranges	3 AM Banana Bread PM Pretzels, Cucumbers and Ranch	4 AM Cinnamon Apple Oatmeal PM Cheese and Crackers	5 AM Pumpkin Pancakes PM Bagels and Cream Cheese	6 AM Hash brown and Mandarin Oranges PM Cheese Crackers and Applesauce
9 AM Raspberry Yogurt and Gram Crackers PM Trail Mix and Oranges	10 AM Banana Bread PM Pretzels, Cucumbers and Ranch	11 AM Cinnamon Apple Oatmeal PM Cheese and Crackers	12 AM Pumpkin Pancakes PM Bagels and Cream Cheese	13 AM Hash browns and Mandarin Oranges PM Cheese Crackers and Applesauce
16 AM Raspberry Yogurt and Gram Crackers PM Trail Mix and Oranges	17 AM Banana Bread PM Pretzels, Cucumbers and Ranch	18 AM Cinnamon Apple Oatmeal PM Cheese and Crackers	19 AM Pumpkin Pancakes PM Bagels and Cream Cheese	20 AM Hash browns and Mandarin Oranges PM Cheese Crackers and Applesauce
23 AM Raspberry Yogurt and Gram Crackers PM Trail Mix and Oranges	24 AM Banana Bread PM Pretzels, Cucumbers and Ranch	25 AM Cinnamon Apple Oatmeal PM Cheese and Crackers	26 AM Pumpkin Pancakes PM Bagels and Cream Cheese	27 AM Hash browns and Mandarin Oranges PM Cheee Crackers and Applesauce
30 AM Raspberry Yogurt and Gram Crackers PM Trail Mix and Oranges	31 AM Banana Bread PM Pretzels, Cucumbers and Ranch			