

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



SNACK

Oct

FEED YOUR CREATIVITY



Announcements:

The juice we serve is FDA acceptable 100% full strength pasteurized juice. The juice blend designation indicates that the juice is sweetened entirely with pure fruit juice concentrates: no sugars or carbohydrates are added. The juices are fortified with Vit. C. Snacks are subject to Change due to food availability. Thank you Mrs. Riske

A.M. Juice/Water ⁴
Nutri Grain Bars
P.M. Milk/Water
Twinkies

A.M. Milk/Water ⁵
Saltine Crackers w/
Cheese Dip
P.M. Juice/Water
Fritos w/ Ranch Dip

A.M. Juice/Water ⁶
Cheez-it Crackers
P.M. Milk/Water
Pretzels/Jelly

A.M. Milk/Water ⁷
Cinnamon Biscuits
P.M. Juice/Water
Fruit Treats

A.M. and P.M. ⁸
Smorgasbord
Milk/Juice/Water

A.M. and P.M. ¹¹
Smorgasbord
Milk/Juice/Water

A.M. Milk/Water ¹²
Pop Tart Bites
P.M. Juice/Water
Strawberry Yogurt
Chex Mix

A.M. Juice/Water ¹³
Cheese Sticks
P.M. Milk/Water
Fruit Pastry Crisp

A.M. Milk/Water ¹⁴
Whole Grain Cereal
P.M. Juice/Water
Fresh Fruit

A.M. and P.M. ¹⁵
Smorgasbord
Milk/Juice/Water

National School Lunch Week

A.M. Juice/Water ¹⁸
Veggie Crackers
P.M. Milk/Water
Fruit Cups

A.M. Milk/Water ¹⁹
Yo-gurt
P.M. Juice/Water
Vanilla Wafers

A.M. Juice/Water ²⁰
Beef Sticks
P.M. Milk/Water
Whole Grain Cereal

A.M. Milk/Water ²¹
Saltine Crackers w/
Cheese
P.M. Juice/Water
Whole Grain Goldfish

A.M. and P.M. ²²
Smorgasbord
Milk/Juice/Water

A.M. Juice/Water ²⁵
Whole Grain Cereal
P.M. Milk/Water
Popcorn/Cheese Bites

A.M. Milk/Water ²⁶
Sausage Kolache
P.M. Juice/Water
Ritz w/ Pepperoni

A.M. Juice/Water ²⁷
Honey Grahams
P.M. Milk/Water
Bread w/ Jelly

A.M. Milk/Water ²⁸
Breakfast Bread
P.M. Juice/Water
Fruit Roll Up

A.M. and P.M. ²⁹
Smorgasbord
Milk/Juice/Water



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs



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www.SquareMeals.org