

October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Orange Whip made with orange juice, yogurt, and whole grain crackers	4 Autumn Apples Round with whole grain crackers	5 Autumn Apples Round with whole grain crackers	6 Foods with seeds, Apples, cucumbers, strawberries and whole grain crackers	7 conference	8
9	10 Broccoli Trees with dip and whole grain crackers	11 Grilled cheese on whole grain bread with fruit	12 Grilled cheese on whole grain bread with fruit	13 Grapes and raisins and whole grain crackers	14 Grapes and raisins and whole grain crackers	15
16	17 Owl eyes made with pudding and grapes and whole grain crackers	18 Ghost skewers with marshmallow, grapes and whole grain crackers	19 Ghost skewers with marshmallow, grapes and whole grain crackers	20 MEA Break No School	21 MEA Break No School	22
23	24 Orange Pumpkin made with clementine and whole grain crackers	25 Banana Ghost with whole grain crackers	26 Banana Ghost with whole grain crackers	27 decorate cookies for Halloween , fruit, whole grain crackers	28 decorate cookies for Halloween , fruit, whole grain crackers	29
30	31 Corn Muffins with fruit					