

October 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|--|--|-----|
| 1 | 2 Veggie (Broccoli, and sweet pepper) Face on Whole Grain Bagel | 3 Veggie (Broccoli, and sweet pepper) Face on Whole Grain Bagel | 4 Apple slices with graham crackers | 5 Apple slices with graham crackers | 6 No School Conferences | 7 |
| 8 | 9 Fall leaf snack ham, cheese with whole grain bread | 10 Broccoli Trees, carrots and Dip with whole grain crackers | 11 Broccoli Trees, carrots and Dip with whole grain crackers | 12 Chicka Chicka Boom Boom Tree made with banana , kiwi and grapes and- with whole grain crackers | 13 Chicka Chicka Boom Boom Tree made with banana , kiwi and grapes and- with whole grain crackers | 14 |
| 15 | 16 Healthy Kids Smoothie made apple juice, yogurt, and fro- zen fruit and whole grain crackers | 17 Apple slice Do- nuts with graham crackers | 18 Apple slice Do- nuts with graham crackers | 19 MEA | 20 MEA | 21 |
| 22 | 23 Tasting Black (blackberries, black olives, and black beans) with whole grain carckers | 24 Candy Corn Parfaits With yo- gurt, oranges, pineapple and gra- ham crackers | 25 Candy Corn Parfaits With yo- gurt, oranges, pineapple and gra- ham crackers | 26 Halloween spider sandwiches on whole grain bread with carrots | 27 Halloween spider sandwiches on whole grain bread with carrots | 28 |
| 29 | 30 Oranges and Whole Grain Goldfish | 31 Oranges and Whole Grain Goldfish | | | | |