

ABC USD Headstart and Preschool

Snack Menu October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 <u>SNACK</u></p> <p>Juice-Assorted (4 oz) Crackers, Goldfish</p>	<p>5 <u>SNACK</u></p> <p>Milk 1% White Muffin</p>	<p>6 <u>SNACK</u></p> <p>Carrots Hard Boiled Egg</p>	<p>7 <u>SNACK</u></p> <p>Fruit Sunflower Kernels</p>	<p>8 <u>SNACK</u></p> <p>Milk 1% White Cold Cereal</p>
<p>11 <u>SNACK</u></p> <p>Yogurt Muffin</p>	<p>12 <u>SNACK</u></p> <p>Milk 1% White Cold Cereal</p>	<p>13 <u>SNACK</u></p> <p>Juice-Assorted (4 oz) Sunflower Kernels</p>	<p>14 <u>SNACK</u></p> <p>Dried Fruit String Cheese</p>	<p>15 <u>SNACK</u></p> <p>Juice-Assorted (4 oz) Crackers, Goldfish</p>
<p>18 <u>SNACK</u></p> <p>Juice-Assorted (4 oz) Crackers, Goldfish</p>	<p>19 <u>SNACK</u></p> <p>Milk 1% White Muffin</p>	<p>20 <u>SNACK</u></p> <p>Carrots Hard Boiled Egg</p>	<p>21 <u>SNACK</u></p> <p>Fruit Sunflower Kernels</p>	<p>22 <u>SNACK</u></p> <p>Milk 1% White Cold Cereal</p>
<p>25 <u>SNACK</u></p> <p>Yogurt Muffin</p>	<p>26 <u>SNACK</u></p> <p>Milk 1% White Cold Cereal</p>	<p>27 <u>SNACK</u></p> <p>Juice-Assorted (4 oz) Sunflower Kernels</p>	<p>28 <u>SNACK</u></p> <p>Dried Fruit String Cheese</p>	<p>29 <u>SNACK</u></p> <p>Juice-Assorted (4 oz) Crackers, Goldfish</p>



Menu subject to change. Egg is not offered the day after a holiday.
All grains used are whole grains (WG)