



# Riverbank Afterschool Program

## October 2019

### Snack Menu

### Harvest of the Month - Apples





Born - Centra Asis

Moderate Content of Fiber

Season - Summer & Autumn

2017 - 83 million Tons Produced

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Apple Jacks Cereal Bowl</b> Milk 30	<b>All Sports Bites</b> Fresh Pear Milk 1	<b>String Cheese</b> 100% Fruit Juice 2	<b>Goody Man Crispy Square</b> Milk 3	<b>Cook's Choice</b> 100% Fruit Juice 4
<b>Frosted Flakes Cereal Bowl</b> Milk 7	<b>Goldfish Pretzels</b>  Red Apple Milk 8	<b>Yogurt</b> 100% Fruit Juice 9	<b>Honey Sunflower Seeds</b> Milk 10	<b>Cook's Choice</b> 100% Fruit Juice 11
<b>Cocoa Puffs Cereal Bowl</b> Milk 14	<b>Munchie Mix</b> Milk 15	<b>Peanut Butter Cup</b> Apple Slices 100% Fruit Juice 16	<b>Goody Man Crispy Square</b> Milk 17	<b>Cook's Choice</b> 100% Fruit Juice 18
<b>Alpha Bits Cereal Bowl</b> Milk 21	<b>Herb Crackers</b>  Mandarin Oranges Milk 22	<b>Turkey Stick</b> 100% Fruit Juice 23	<b>Scooby Snacks</b> Milk 24	<b>Cook's Choice</b> 100% Fruit Juice 25
<b>Cinnamon Toast Cereal Bowl</b> Milk 28	<b>Vanilla Bear Grahams</b> Fresh Pear Milk 29	<b>String Cheese</b> 100% Fruit Juice 30	<b>Goody Man Crispy Square</b> Milk 31	<b>Cook's Choice</b> 100% Fruit Juice 1

Students Improve through Tutoring  
 Menu Subject to Change



**National Lights On Afterschool Event**  
 Friday, October 25th - 3:30-5:30 - Ca Ave

"The USDA and the CDE are equal opportunity providers and employers."  
**Pancho Gonzalez - Free Tennis Clinic**  
 Friday, October 11th - 3:30-6:00 - RHS

