

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 AM Cereal bars PM Veggie straws & Craisins	7 AM Apples & Cereal PM Cheese & Crackers	8 AM Yogurt & Berries PM Pretzels & Raisins	9 AM Oranges & Cereal PM Chips & hummus	10 AM Rice cakes & Applesauce PM Chex Mix	11
12	13 AM Cereal bars PM Veggie straws & Craisins	14 AM Apples & Graham crackers PM Cheese & crackers	15 AM Yogurt & Berries PM Pretzels &	16 AM Bagels & cream cheese PM Goldfish & Raisins	17 AM Fruit cups & cereal PM Chips & Hummus	18
19	20 AM Cereal bars PM Goldfish & Cheese	21 AM Bagels & Cream cheese PM Cukes & dip	22 AM Yogurt & Cereal PM Chicken nuggets & ketchup	23 AM Graham crackers & Apples PM Wheat thins & Craisins	24 AM Fruit cups & Cereal PM Chex Mix	25
26	27 AM Cereal bars PM Wheat thins & Cheese	28 AM Applesauce & graham crackers PM Veggie straws & Raisins	29 AM Yogurt & Bananas PM Chips & Hummus	30 AM Cereal & berries PM Goldfish & Craisins	31 AM Oranges & cereal PM Chex Mix	