

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
	AM Cereal bars PM Pretzels & Cukes	AM Yogurt & Bananas PM Goldfish & Raisins	AM Melon & Cereal PM Pretzels & Hummus	AM English muffins & Wow butter PM Ritz crackers & Craisins	AM Applesauce & Graham crackers PM Chex Mix	
6	7	8	9	10	11	12
	AM Cereal bars PM Veggie straws & Craisins	AM Apples & Graham crackers PM Peppers & Crackers	AM Yogurt & Berries PM Meatballs & sauce	AM Bananas & Cereal PM Ritz crackers & Cheese	AM Rice cakes & Wow butter PM Chex Mix	
13	14	15	16	17	18	19
	AM Cereal bars PM Veggie straws & Craisins	AM Apples & Graham crackers PM Cucumbers & crackers	AM Yogurt & Strawberries PM Pretzels & Hummus	AM Bananas & Cereal PM Goldfish & Raisins	AM Fruit cups & cheese PM Chex mix	
20	21	22	23	24	25	26
	AM Cereal bars PM Veggie straws & Cheese	AM Oranges & Cereal PM Wheat thins & Raisins	AM Yogurt & Berries PM Goldfish & Craisins	AM Graham crackers & Melon PM Sweet potato ff	AM Fruit cups & Cereal PM Chips and Hummus	
27	28	29	30	31	1	2
	AM Cereal bars PM Wheat thins & Cukes	AM Yogurt & Berries PM Goldfish & Raisins	AM Melon & Cereal PM Pretzels & Cheese	AM Graham crackers & Oranges PM Halloween snack	AM Applesauce & Life cereal PM Chex Mix	