

Head Start and After School Snack Menu

October 2019

1

Craisins
String Cheese

2

Animal Crackers
Banana

3

Heartzels
String Cheese

4

Scooby Doo Graham
Crackers
Yogurt

7

Maple and Brown
Sugar Bar
Milk

8

Goldfish Pretzels
Yogurt

9

Fruit Bar
Craisins

10

Apple Muffin
Milk

11

No School

14

Goldfish Crackers
Milk

15

Yogurt
Animal Crackers

16

Apple Muffin
Milk

17

Apple
Cheese Cubes

18

Fruit Bar
Craisins

21

Banana Muffin
Milk

22

Jungle Crackers
String Cheese

23

Benefit Bar
Milk

24

Goldfish Graham's
Yogurt

25

Apple
String Cheese

28

Animal Crackers
Milk

29

Fruit Bar
String Cheese

30

Scooby Doo Graham
Crackers
Yogurt

31

Goldfish Pretzels
String Cheese

Make sure to get plenty of rest each night!

Healthy snacks are a great way to boost energy!