OCTOBER SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Nacho Poptillas	Honey Graham Crackers
5	6	7	8	9
Honey Graham Crackers	Churro Poptillas	Pizza Crackers	Cheese Puffs	
12	13	14	15	16
	Ranch Crackers	Honey Graham Crackers	Goldfish Pretzels	Educational Snacks
19	20	21	22	23
BBQ Poptillas	Giant Cinnamon Grahams	Nacho Poptillas	Wheat Crackers	Goldfish Cheddar
26	27	28	29	30
Honey Graham Crackers	Churro Poptillas	Pizza Crackers	Cheese Puffs	Sunflower Seeds

Snack Includes:

All snacks meet 1 oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable
Fruit Rotation: Pear (3/4 Cup), 100% Fruit Juice 6 oz, Apple (3/4 Cup)
*All fruits meet 3/4 cup equivalent
*All Grains Are Whole Grain Rich

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SOCAL Snack NSLP