

NOVEMBER 2021



ECEAP Snack

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Snack Cheez-its & Applesauce	Snack Cereal & Milk (4oz)	Snack Whole Grain Crackers & Pear Cup	Snack Savory Crackers & Raisins	No School
8	9	10	11	12
Snack Goldfish Applesauce	Snack SunChips Craisins	Snack Animal Crackers Fruit Cup	Veterans Day— No School	No School
15	16	17	18	19
Snack Cheez-its & Applesauce	Snack Cereal & Milk (4oz)	Snack Whole Grain Crackers & Pear Cup	Snack Savory Crackers & Raisins	No School
22	23	24	25	26
	Student Conferences No School		 Holiday - No School 	
29	30	December 1	2	3
Snack Goldfish Applesauce	Snack SunChips Craisins	Snack Animal Crackers Fruit Cup	Snack Bunny Grahams 100% Fruit Juice	No School

QUESTIONS? Call the Nutrition Services Office at 206-631-3010. Menu subject to change.
 This institution is an equal opportunity provider. Updated 11/16/21. All grains served are whole grain
 (WG = whole Grain)

