

# OCTOBER 2021

## ECEAP Snack Menu



| Monday   | Tuesday  | Wednesday  | Thursday                                       | Friday    |
|--|--|--|--|-----------|
|  |  |  |  | 1         |
| [Redacted]   |  |  |  |           |
| 4  | 5  | 6  | 7  | 8         |
| <b>Snack</b><br>Whole Grain Cheez-its & Applesauce | <b>Snack</b><br>Whole Grain Cereal & Milk              | <b>Snack</b><br>Whole Grain Crackers & pear cups | <b>Snack</b><br>Savory crackers (WG) & raisins | No School |
| 11 National School Lunch Week                      | 12   | 13   | 14   | 15        |
| <b>Snack</b><br>WG Goldfish Pretzels & Applesauce  | <b>Snack</b><br>WG Cereal Milk (shelf Stable)          | <b>Snack</b><br>Animal Crackers Fruit Cup        | <b>Snack</b><br>WG Bunny Grahams Raisins       | No School |
| 18   | 19   | 20   | 21   | 22        |
| <b>Snack</b><br>WG Cheez-its & Applesauce          | <b>Snack</b><br>Whole Grain Cereal Milk (shelf Stable) | <b>Snack</b><br>(WG) Crackers & pear cups        | <b>Snack</b><br>Savory crackers (WG) & raisins | No School |
| 25   | 26   | 27   | 28   | 29        |
| <b>Snack</b><br>WG Goldfish Pretzels & Applesauce  | <b>Snack</b><br>Whole Grain Cereal Milk (shelf Stable) | <b>Snack</b><br>Animal Crackers Fruit Cup        | <b>Snack</b><br>WG Bunny Grahams Raisins       | No School |

**QUESTIONS?** Call the Nutrition Services Office at 206-631-3010. Menu subject to change.  
 This institution is an equal opportunity provider. Updated 10/7/2021. WG = Whole Grain.