

October Snack



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Wheat Crackers & Seed Butter Pouch	2 Fruity Crisps & Fruit	3 Sunflower Seeds & Fruit	4 Goldfish Pretzels & Fruit
7 Giant Cinnamon Grahams & Fruit	8 Chili Lime Rings & Fruit	9 Cinnamon Granola & Fruit	10 NEW! Hummus w/ Wheat Crackers Wheat Crackers & Seed Butter Pouch	11
14	15	16 Fruity Crisps & Fruit	17 Sunflower Seeds & Fruit	18 Goldfish Pretzels & Fruit
21 Giant Cinnamon Grahams & Fruit	22 Chili Lime Rings & Fruit	23 Cinnamon Granola & Fruit	24 Wheat Crackers & Seed Butter Pouch	25 Goldfish Cheddar & Fruit
28 Educational Snacks & Fruit	29 Wheat Crackers & Seed Butter Pouch	30 Cheese Stick & Fruit	31 Sunflower Seeds & Fruit	

Snack Includes:	RevUp Rewards:
<p>All snacks meet 1oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable Fruit Rotation: 100% Fruit Juice 6 oz, Pear (3/4 Cup), Apple (3/4 Cup) *All fruits meet 3/4 cup equivalent</p>	<p>Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards</p> 