

2022 OCTOBER 2022

SNACK MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Free Student After-School Snacks available at AES, BES, CES JNES & AIS				Free Snack Includes: 1 oz Meat or 4oz Yogurt and 1 oz Wholegrain or Milk		1 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		2 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its	
5 FALL BREAK		6 FALL BREAK		7 FALL BREAK		8 FALL BREAK		9 FALL BREAK	
12 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		13 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		14 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		15 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		16 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its	
19 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		20 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		21 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		22 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		23 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its	
26 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		27 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		28 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		29 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its		30 1oz String Cheese or 4oz Yogurt AND 1oz Wholegrain Chips, Crackers, or Cheez-its	