

OCTOBER 2026

SAILS Snack Menu

Monday

Tuesday

Wednesday

Thursday

Friday

5
SNACK
YOGURT
FRESH FRUIT

6
SNACK
PRETZELS
FRESH VEGGIES & RANCH

7
SNACK
CHEESE STICK
SAVORY CRACKERS

8
SNACK
OATMEAL ROUND
MILK

9
SNACK
SPORT BITES
CRAISINS
FRUIT SLUSHIE

12
SNACK
HARD BOILED EGG
FRUIT JUICE

13
SNACK
CEREAL
MILK

14
SNACK
GRANOLA BAR
FRUIT JUICE

15
SNACK
HOMEMADE MUFFIN
MILK

16
SNACK
CHEESE CUBES
FRESH FRUIT

19
SNACK
YOGURT
FRESH FRUIT

20
SNACK
PRETZELS
FRESH VEGGIES & RANCH

21
SNACK
CHEESE STICK
SAVORY CRACKERS

22
SNACK
OATMEAL ROUND
MILK

23
SNACK
SPORT BITES
CRAISINS
FRUIT SLUSHIE

26
SNACK
HARD BOILED EGG
FRUIT JUICE

27
SNACK
CEREAL
MILK

28
SNACK
GRANOLA BAR
FRUIT JUICE

29
SNACK
HOMEMADE MUFFIN
MILK

30
SNACK
CHEESE CUBES
FRESH FRUIT

Snacks consist of 2 of the following components per day.

- 1 Cup Milk
- 1 Oz. Meat/Meat Alt.
- 1 Oz Grain
- ¾ Cup Fruit
- ¾ Cup Vegetables

This institution is an equal opportunity provider.