



OCTOBER AFTER SCHOOL POWER SNACK MENU

5 Marble
Cheese Stick
Chicken Jerky
Heartzels®
Pretzels
Celery Sticks
with Ranch Dip
Applesauce Cup

6 Cheese Curds
French Toast
Mini Loaf
Baby Carrots
with Ranch Dip
Sour Raisins

7 Marble
Cheese Stick
Jalapeno Cheese
Cup
Tortilla Rounds
Salsa
Applesauce Cup

8 String Cheese
Chicken Jerky
Cheez-It®
Crackers
Baby Carrots
with Ranch Dip
Sour Raisins

9 Mango Yogurt
Cheese Cubes
Goldfish®
Cinnamon Graham
Grape Tomatoes
with Ranch Dip
Apple Slices

12 Cheese Curds
BBQ Sun Chips®
Baby Carrots
with Ranch Dip
Apple

13 Marble
Cheese Stick
Chicken Jerky
Heartzels®
Pretzels
Celery Sticks
with Ranch Dip
Applesauce Cup

14 Cheese Curds
French Toast
Mini Loaf
Baby Carrots
with Ranch Dip
Sour Raisins

15 Marble
Cheese Stick
Jalapeno Cheese
Cup
Tortilla Rounds
Salsa
Applesauce Cup

16 String Cheese
Chicken Jerky
Cheez-It®
Crackers
Baby Carrots
with Ranch Dip
Sour Raisins

19 Mango Yogurt
Cheese Cubes
Goldfish®
Cinnamon
Graham
Grape Tomatoes
with Ranch Dip
Apple Slices

20 Cheese Curds
BBQ Sun Chips®
Baby Carrots
with Ranch Dip
Apple

21 Marble
Cheese Stick
Chicken Jerky
Heartzels®
Pretzels
Celery Sticks
with Ranch Dip
Applesauce Cup

22 Cheese Curds
French Toast
Mini Loaf
Baby Carrots
with Ranch Dip
Sour Raisins

23 Marble
Cheese Stick
Jalapeno Cheese
Cup
Tortilla Rounds
Salsa
Applesauce Cup

26 String Cheese
Chicken Jerky
Cheez-It®
Crackers
Baby Carrots
with Ranch Dip
Sour Raisins

27 Mango Yogurt
Cheese Cubes
Goldfish®
Cinnamon
Graham
Grape Tomatoes
with Ranch Dip
Apple Slices

28 Cheese Curds
BBQ Sun Chips®
Baby Carrots
with Ranch Dip
Apple

29 Marble
Cheese Stick
Chicken Jerky
Heartzels®
Pretzels
Celery Sticks
with Ranch Dip
Applesauce Cup

30 Cheese Curds
French Toast
Mini Loaf
Baby Carrots
with Ranch Dip
Sour Raisins

- Refer to after school program for days in session.
- Milk is offered with each power snack meal.
- For nutrient & allergen information, visit SchoolCafe.com/SPPS.
- Menu subject to change.
- This institution is an equal opportunity provider.