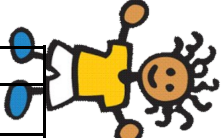
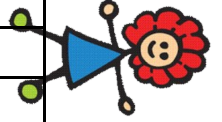
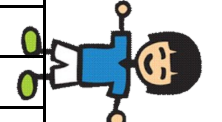
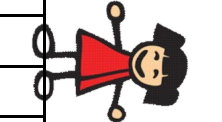
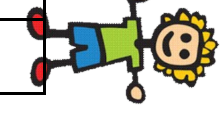


Pre-K Snack Menu

October 2026

Menus subject to change due to availability of product.

	Thur	1	Scooby Crackers & Fruit Juice, 4oz	
	Friday	2	Fresh Apple slices & Fruit Juice, 4oz	
	Mon	5	Graham crackers (3ct) & Fruit Juice, 4oz	
	Tues	6	Cheez-it Crackers & Fruit Juice, 4oz	
	Wed	7	Education Crackers & Fruit Juice, 4oz	
	Thu	8	Scooby Crackers & fruit Juice, 4oz	
	Fri	9	Fresh Apple slices & Fruit Juice, 4oz	
	Mon	12	Goldfish Crackers& fruit Juice, 4oz	
	Tues	13	Cheez-it Crackers & Fruit Juice, 4oz	
	Wed	14	Education Crackers & Fruit Juice, 4oz	
	Thur	15	No School	
	Friday	16	NO School	
	Mon	19	Graham crackers (3ct) & Fruit Juice, 4oz	
	Tues	20	Cheez-it Crackers & Fruit Juice, 4oz	
	Wed	21	Education Crackers & Fruit Juice, 4oz	
	Thurs	22	Goldfish Crackers& fruit Juice, 4oz	
	Fri	23	Cheez-it Crackers & Fruit Juice, 4oz	
	Mon	26	Education Crackers & Fruit Juice, 4oz	
	Tues	27	Scooby Crackers & fruit Juice, 4oz	
	Wed	28	Fresh Apple slices & Fruit Juice, 4oz	
	Thurs	29	Goldfish Crackers& fruit Juice, 4oz	
	Fri	30	Cheez-it Crackers & Fruit Juice, 4oz	

 Grains Make half your grains whole 	 Vegetables Vary your veggies 	 Fruits Focus on fruits 	 Milk Get your calcium-rich foods 	 Meat & Beans Go lean with protein 
---	---	---	---	--

 **Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.



Find your balance between food and fun



Fats and sugars — know your limits



U.S. Department of Agriculture **USDA**
 Center for Nutrition Policy and Promotion
 September 2009
 USDA is an equal opportunity provider and employer.

"This institution is an equal opportunity provider."