

October 2019 - Snack Menu

A mid-morning snack and a PM extended care snack (for those enrolled) are provided.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>Mid-morning Snack mini bagels & cream cheese</p> <p>Afternoon Snack edamame & pretzels</p>	<p>1</p> <p>Mid-morning Snack Ritz crackers & clementine's</p> <p>Afternoon Snack fig bars & apples</p>	<p>2</p> <p>Mid-morning Snack yogurt & *dried fruit mix</p> <p>Afternoon Snack cantaloupe & animal crackers</p>	<p>3</p> <p>Mid-morning Snack citrus tray and wheat thins</p> <p>Afternoon Snack assorted cheese & pretzels</p>	<p>4</p> <p>Mid-morning Snack vegetables, dip & oyster crackers</p> <p>Afternoon Snack berries and granola</p>
<p>7</p> <p>Mid-morning Snack edamame & pretzels</p> <p>Afternoon Snack raspberry apple sauce with chia & graham crackers</p>	<p>8</p> <p>Mid-morning Snack berries & granola</p> <p>Afternoon Snack pineapple & wheat thins</p>	<p>9</p> <p>Mid-morning Snack assorted cheese & pretzels</p> <p>Afternoon Snack avocado dip & blue corn tortilla chips</p>	<p>10</p> <p>Mid-morning Snack pineapple & wheat thins</p> <p>Afternoon Snack bananas & graham crackers</p>	<p>11</p> <p>Mid-morning Snack club crackers & seasonal fruit</p> <p>Afternoon Snack seasoned fruit & animal crackers</p>
<p>14</p> <p>NO SCHOOL</p> <p>COLUMBUS DAY</p>	<p>15</p> <p>Mid-morning Snack banana bread pudding</p> <p>Afternoon Snack seasonal fruit & club crackers</p>	<p>16</p> <p>Mid-morning Snack pineapple & club crackers</p> <p>Afternoon Snack edamame & pretzels</p>	<p>17</p> <p>Mid-morning Snack clementines & graham crackers</p> <p>Afternoon Snack apple sauce & vanilla wafers</p>	<p>18</p> <p>Mid-morning Snack pretzels mix & clementine's</p> <p>Afternoon Snack carrots & wheat thins</p>
<p>21</p> <p>Mid-morning Snack cheese & club crackers</p> <p>Afternoon Snack edamame & pretzels</p>	<p>22</p> <p>Mid-morning Snack fruit salad & pretzels</p> <p>Afternoon Snack cream cheese, graham crackers & clementines</p>	<p>23</p> <p>Mid-morning Snack mini bagels w/ mandarin cream cheese</p> <p>Afternoon Snack veggie salad and blue corn tortilla chips</p>	<p>24</p> <p>Mid-morning Snack edamame & pretzels</p> <p>Afternoon Snack citrus tray & granola bars</p>	<p>25</p> <p>Mid-morning Snack vegetables, dip & oyster crackers</p> <p>Afternoon Snack seasonal fruit & crackers</p>
<p>28</p> <p>Mid-morning Snack apple sauce & vanilla wafers</p> <p>Afternoon Snack assorted cheese & pretzels</p>	<p>29</p> <p>Mid-morning Snack berries tray & granola</p> <p>Afternoon Snack French bread and cinnamon butter</p>	<p>30</p> <p>Mid-morning Snack raisin bread & clementine's</p> <p>Afternoon Snack edamame & pretzels</p>	<p>31</p> <p>Mid-morning Snack pineapple & club crackers</p> <p>Afternoon Snack yogurt & dried fruit mix</p>	<p>1</p> <p>Mid-morning Snack citrus tray & pretzels</p> <p>Afternoon Snack carrots & club crackers</p>

Fun Fact About Plantains

Plantains are the least-sweet, starch, equivalent to the banana. Dried banana chips are crisp in texture and maintain a full banana flavor. Bananas rank fourth behind rice, wheat and corn in human consumption and are grown in 130 countries worldwide. India is the largest producer of bananas. At Pines, we incorporate international snacks into our menu so that we can learn about the origins of food and cultures from around the world.



**Our morning snack on October 2nd is in honor of El Salvador as the mix will have plantain chips.*