



October Mini Meals 2023



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	AM Cereal & 1% Milk	3	AM Pretzels, Cheese & Water	4	AM Waffles & 1% Milk	5	AM Apples, Soy Butter & 1% Milk	6	AM Crackers, Cheese & Water
	PM Bananas, Veggie Straws & 1% Milk		PM Apples, Soy Butter & 1% Milk		PM Cereal & 1% Milk		PM Veggies, Dip & 1% Milk		PM Bagels, Cream Cheese & Water
9	AM Trail Mix & 1% Milk	10	AM Cereal & 1% Milk	11	AM English Muffins, Soy Butter & Water	12	AM Veggie Straws, Oranges & 1% Milk	13	AM Grahams & 1% Milk
	PM Goldfish Grahams & 1% Milk		PM Crackers, Cheese & 1% Milk		PM Goldfish Crackers & 1% Milk		PM Cereal & 1% Milk		PM Trail Mix & 1% Milk
16	AM Goldfish Grahams & 1% Milk	17	AM Yogurt, Berries & Water	18	AM Cereal & 1% Milk	19	AM Waffles & 1% Milk	20	AM Apples, Soy Butter & 1% Milk
	PM Cereal & 1% Milk		PM Bananas, Veggie Straws & 1% Milk		PM English Muffins, Soy Butter & Water		PM Veggies with Dip & 1% Milk		PM Waffles & 1% Milk
23	AM Veggies, Dip & 1% Milk	24	AM Goldfish Crackers & 1% Milk	25	AM Pretzels, Cheese & Water	26	AM Cereal & 1% Milk	27	AM Apples, Crackers & 1% Milk
	PM Yogurt, Grahams & 1% Milk		PM Crackers, Cheese & 1% Milk		PM Trail Mix & 1% Milk		PM Pretzels, Soy Butter & 1% Milk		PM Cereal & 1% Milk
30	AM Cereal & 1% Milk	31	AM Waffles & 1% Milk						
	PM Berries & 1% Milk		PM Cereal & 1% Milk						