

# Boys & Girls Club

## October 2019 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sun Chips String Cheese	2 Applesauce Cups Cheddar Cheese Individually Wrapped	3 Whole Grain Goldfish Crackers Mixed Fruit Cups	4 Fresh Orange Slices individually wrapped Pretzels
7 Mandarin Orange Cups Whole Grain Crackers	8 Strawberry Yogurt Chex Mix Skim Milk	9 Whole Grain Bagels Cream Cheese Variety Skim Milk	10 Turkey Snack Stick String Cheese	11 Fresh Grapes Whole Grain Goldfish Crackers
14 Strawberry Yogurt Chex Mix Bananas	15 Whole Grain Goldfish Crackers Cheddar Cheese Slices Individually Wrapped	16 Apple Slices Pretzels	EARLY RELEASE DAY 17 String Cheese Whole Grain Crackers	NO SCHOOL 18 Sun Chips Pineapple Cups
21 Applesauce Cups Cheddar Cheese Individually Wrapped	22 Whole Grain Goldfish Crackers Apple Slices	23 Bananas Strawberry Yogurt Chex mix	24 Turkey Snack Stick Cheddar Cheese individually wrapped	25 Fresh Oranges individually wrapped Whole Grain Crackers
28 Sun Chips Apple Slices	29 Whole Wheat Bagels Cream Cheese Variety Skim Milk	30 Fruit Cup Parfaits Pretzels	31 Vanilla Whole Grain Graham Crackers (Dino Bites) Grapes	All meals are served with whole grain products  Water will be served when milk is not listed