



October 2024 Pre-K Afterschool Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
	October 1 Sunflower Kernels Grapes Bottled Water	October 2 Baby Carrots Fruit Bottled Water	October 3 Snack Bar Fruit Bottled Water	October 4 Yogurt Fruit Bottled Water
October 7 Crunchy Snack Mix Fruit Bottled Water	October 8 Cheese Baby Carrots Bottled Water	October 9 Heartzels Pretzels Fruit Bottled Water	October 10 Snack Bar Fruit Bottled Water	October 11 Yogurt Fruit Bottled Water
October 14 Granola Bar Fruit Bottled Water	October 15 Sunflower Kernels Fresh Apple Bottled Water	October 16 Pineapple Snak Pack Graham Crackers Bottled Water	October 17 Yogurt Fresh Fruit Bottled Water	October 18 Heartzels Pretzels Seasonal Fruit Bottled Water
October 21 Granola Bar Fruit Bottled Water	October 22 Cheese Crackers Bottled Water	October 23 Baby Carrots Fruit Bottled Water	October 24 Snack Bar Fruit Bottled Water	October 25 Yogurt Fresh Fruit Bottled Water
October 28 Crunchy Snack Mix Fruit Bottled Water	October 29 Cheese Baby Carrots Bottled Water	October 30 Granola Bar Fruit Bottled Water	October 31 Celery & Raisins Sunbutter Cup Bottled Water	

Food Allergy Disclaimer: Please be aware DPS Nutrition prepares food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary, and we cannot guarantee any food item will be completely free of food allergens. If you have questions regarding ingredients of a specific food or recipe, please reach out to the DPS Nutrition Services at 919-560-2370.