

October 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
	1 Fruit Snack Milk	2 Apple Slices W / Dip Milk	3 Cheese Cubes Crackers Milk	4 Smores Bar Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
7 Rice Krispy Treat Milk	8 Carrots w/dip Milk	9 Graham Crackers Milk	10 White Cheddar Popcorn Milk	11 Beef stick Cheese Stick Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
14 Gold Fish Milk	15 Harvest Chip Milk	16 Cereal Bar Milk	17 Chex Mix Milk	18 Pop Tart Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
21 Nutri Grain Bar Milk	22 Granola Bar Milk	23 Apple Slices Carmel Cup	24 Oatmeal Bar Milk	25 Fruit Snack Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
28 Cheese Cubes Crackers Milk	29 Graham Crackers Milk	30 Pretzels Juice	31 Rice Krispy Treat Juice		Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

