

K-12 OCTOBER SNACK MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Cornbread
Mandarin Oranges

2

Chex Cheddar Snack Mix
100% Fruit Juice

3

Mini Bagel
Jelly
Fresh Apple

4

Cheddar Goldfish Cracker
Diced Pears

5

WG French Bread
Butter Pkt
Diced Peaches

8

Chex Cheddar Snack Mix
100% Fruit Juice

9

Cheddar Cheese Stick
Fresh Carrots
with Ranch Dressing

10

Mini Bagel
Jelly
Fresh Apple

11

Yogurt Cup
WG Cheez-it Crackers

12

String Cheese
Pretzel Goldfish

15

Cornbread
Mandarin Oranges

16

Cheddar Goldfish Cracker
Diced Peaches

17

Yogurt Cup
Granola

18

Chex Cheddar Snack Mix
100% Fruit Juice

19

WG French Bread
Butter Pkt
Diced Pears

22

Cornbread
Mandarin Oranges

23

4 oz Yogurt Cup
WG Cheez-it Crackers

24

Mini Bagel
Jelly
Fresh Apple

25

String Cheese
Pretzel Goldfish

26

Cheddar Cheese Stick
Fresh Carrots
with Ranch Dressing

29

Cheddar Goldfish Cracker)
Diced Pears

30

WG French Bread
Butter Pkt
Diced Pears

31

1 oz. String Cheese
Pretzel Goldfish

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

"This institution is an equal opportunity provider."