

# October Snack Menu for Latch-Key



Mon	Tue	Wed	Thu	Fri
3 Multi-Grain Cereal Bars Choco/White Milk	4 Fresh Fruit (Assortment) Choco/White Milk	5 Assortment of Muffins Choco/white Milk	6 Yogurt or Fruit cups Goldfish Choco/White Milk	7 Veggie Assortment Choco/White Milk
10 Turkey or Ham Cheese Slices Choco/White Milk	11 Cheese Sticks Crackers Choco/White Milk	12 Yogurt or Fruit cups Goldfish Choco/White Milk	13 Strudels Choco/White Milk	14 PopTarts (Assortment) Choco/White Milk
17 Bagels Choco/White Milk	18 Fresh Fruit Assortment Choco/White Milk	19 Assortment of Muffins Choco/White Milk	20 Baked Chips Choco/White Milk	21 Veggie Assortment Choco/White Milk
24 Turkey or Ham Cheese Slices Choco/White Milk	25 Cheese Sticks Crackers Choco/White Milk	26 Baked Chips Choco/White Milk	27 Veggie Assortment Choco/White Milk	28 Turkey or Ham Cheese Slices Choco/White Milk
31 Cheese Sticks Crackers Choco/White Milk				

Menu follows the Michigan Department of Education Afterschool Snack Program Meal Requirements  
 This Institution is an Equal Opportunity Provided  
 Gluten Free Available

