


OCTOBER 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DECEMBER 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
AM Snack	Yogurt	Life Cereal with Milk	Bananas and Nilla Wafers	Toast w/jelly	Layered fruit bars and Graham crackers	
PM Snack	Pretzels and Cheese	Apples and Sun Butter	Cucumbers and carrots	Cheese and crackers	Nabisco Fun Shapes	
7	8	9	10	11	12	13
AM Snack	Fig Newtons	Graham crackers & applesauce	Cheerios w/ milk	Cottage Cheese and Pineapples	Pastry Crisps	
PM Snack	Animal crackers and Mandarin oranges	Hummus & Vegetables	Mozzerella and tomatoes	Turkey/ Cheese Roll up	Trail Mix	
14	15	16	17	18	19	20
AM Snack	Bagels w/ Cream cheese	Life cereal w/ milk	Belvitas	Cinnamon Toast	PIZZA DAY Grapes and cheese	
PM Snack	Babybel & Nilla Wafers	Fig Bars	Clif Z Bars	Cheese and Crackers	Quaker Rice Crisps	
21	22	23	24	25	26	27
AM Snack	English Muffins	Cheerios w/ milk				
PM Snack	Chex Mix	Chips and Salsa				
28	29	30	1	2	3	4
AM Snack	Yogurt	Pastry Crisps				
PM Snack	Goldfish & raisins	Cheese and Crackers				