

Saint Francis of Assisi School

CARES Snack Calendar

October 2022

Please remember that the Menu is subject to change based on weather and availability from Nutritional Development Services (NDS).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																																																																																				
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3 Snack Honey Graham Crackers Apple Juice	4 Cold Supper Honey Scooters Cereal Vanilla Yogurt, Fruit Vegetable Juice, Milk OR Crackers, String Cheese Water	5 Cold Supper Ham & Cheese Sandwich Carrots, Applesauce Milk OR Dino Bites, Fruit Juice	6 Cold Supper Turkey Stick, String Cheese Veg. Juice, Fruit, Milk Goldfish Pretzels OR Crackers, Peach Yogurt Water	7 Cold Supper Cheddar & Salsa Cups Tostitos Scoops Apple Slices, Milk OR Goldfish Pretzels, Cheese	8	9																																																																																				
10 Snack Sports Graham Fruit Juice	11 Cold Supper Peach Yogurt, Granola Vegetable Juice, Milk OR Goldfish Pretzels Cheese Water	12 Cold Supper Ham & Cheese Sandwich Carrots, Fresh Fruit Milk OR Crackers, Grape Juice	13 Cold Supper Garden Salsa Chips Vegetable Juice, Fruit, Milk Cheddar Cheese Cup OR Cinnamon Grahams Yogurt, Water	14 Cold Supper Vanilla Honey Oats Cereal Vegetable Juice Fruit Milk	15	16 Boss's Day																																																																																				
17 Snack Vanilla Grahams Apple Juice	18 Cold Supper Cinnamon Toast Crunch Cereal Vegetable Juice, Fruit, Milk Yogurt OR Crackers, String Cheese Water	19 Early Dismissal 11:00 A.M. NO CARES	20 Snack Dino Bites Blueberry Yogurt Water	21 Cold Supper Multigrain Sunchips Cheddar Cheese Cups Vegetable Juice, Applesauce OR Goldfish Pretzels, Cheese. Water	22	23																																																																																				
24 United Nations Day NO SCHOOL	25 Snack Wheat Crackers Colby Jack Cheese Water	26 Cold Supper Turkey & Cheese Sandwich Fruit, Carrots Milk OR Graham Crackers Grape Juice	27 Cold Supper Garden Salsa Chips Vegetable Juice, Fruit, Milk Cheddar Cheese Cup OR Sports Grahams, Yogurt Water	28 Cold Supper Cinnamon Chex Cereal Vegetable Juice Fruit Colby Jack Cheese Milk	29	30																																																																																				
31 Halloween		September '22 <table border="1"> <thead> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>		M	T	W	T	F	S	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			November '22 <table border="1"> <thead> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		M	T	W	T	F	S	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					
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