

**Saint Francis of Assisi School**

CARES Snack Calendar

# October 2021

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

| Sunday                       | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday             |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |
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|                              |  |   |   |  | <b>1</b> Cold Supper<br>Cinnamon Toast Crunch<br>Vegetable Juice<br>Fresh Fruit<br>Colby Jack Cheese<br>Milk           | <b>2</b>             |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |
| <b>3</b>                     | <b>4</b> Snack<br>Wheat Crackers<br>Apple Cherry Juice | <b>5</b> Cold Supper<br>Cherry Vanilla Yogurt<br>Vegetable Juice<br>Mixed Berry Applesauce<br>Honey Scooters Cereal<br>Milk   | <b>6</b> Snack<br>Cheez-It Crackers<br>Fruit Juice  | <b>7</b> Snack<br>Bear Grahams<br>Peach Yogurt<br>OR<br>Turkey Stick, String Cheese,<br>Veg. Juice, Fruit, & Pretzels      | <b>8</b> Cold Supper<br>Cheddar Cheese Cup<br>Salsa Cup<br>Tostitos Scoops<br>Apple Slices<br>Milk                     | <b>9</b>             |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |
| <b>10</b>                    | <b>11</b> Snack<br>Cheez-It Crackers<br>Apple Juice    | <b>12</b> Cols Supper<br>Peach Yogurt<br>Vegetable Juice<br>Fresh Fruit<br>Granola<br>Milk  | <b>13</b> Snack<br>Cheddar Goldfish<br>Fruit Juice<br>OR<br>Popcorn Chicken, Carrots<br>Raisins, & Milk | <b>14</b> Leftovers<br>Snack<br>or<br>Cold Supper  | <b>15</b> Cold Supper<br>String Cheese<br>Vegetable Juice<br>Apple Slices<br>Honey Bunches of Oats<br>Milk             | <b>16</b> Boss's Day |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |
| <b>17</b>                    | <b>18</b> Snack<br>Cheez-It Crackers<br>Orange Juice   | <b>19</b> Cold Supper<br>Strawberry Banana Yogurt<br>Vegetable Juice<br>Fresh Fruit<br>Cheerios Cereal<br>Milk  | <b>20</b> Snack<br>Cinnamon Graham Crackers<br>Apple Cherry Juice                                       | <b>21</b> Snack<br>Sports Grahams<br>Blueberry Yogurt<br>OR<br>Turkey Stick, Apple Slices,<br>Goldfish, Veg. Juice, & Milk | <b>22</b> Snack<br>Salsa Chips<br>Mozzarella String Cheese<br>OR<br>Cheddar Cups, Pretzels<br>Veg. Juice, & Applesauce | <b>23</b>            |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |
| <b>24</b> United Nations Day | <b>25</b> Snack<br>Cheddar Goldfish<br>Fruit Juice     | <b>26</b> Cold Supper<br>Blueberry Yogurt<br>Vegetable Juice<br>Granola<br>Raisins<br>Milk  | <b>27</b> Snack<br>Cheez-It Crackers<br>Apple Juice<br>OR<br>Popcorn Chicken, Carrots<br>Fruit, & Milk  | <b>28</b> Cold Supper<br>Turkey & Cheese Sub<br>Vegetable Juice<br>Apple Slices<br>Milk                                    | <b>29</b> Cold Supper<br>Cheese Stick<br>Vegetable Juice<br>Fresh Fruit<br>Cinnamon Toast Crunch<br>Milk               | <b>30</b>            |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |
| <b>31</b> Halloween          |  | <p style="text-align: center;">September '21</p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</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> |   | 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 |  |  | <p style="text-align: center;">November '21</p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</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> |  | 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 |  |  |  |  |  |
| 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   |  |                      |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |
| 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  |   |  |  |                      |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |