

# September / October Healthy Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Muffins Nuts	Baked Cinnamon Tortillas with Fruit Salsa	Trail Mix	Bread Pudding Bananas	Egg, Cheese & Potato Fritatas
Nachos & Salsa	Pumpkin Bread Nuts	Graham Crackers with Peanut Butter Apples	Granola "Cupcakes"	Apple Cider Pancakes
Peach Bread Nuts	Yogurt and Granola	Soft Pretzels Cheddar Cheese Apples	Bagels and Cream Cheese Carrot Sticks	Oatmeal with Brown Sugar and Berries
Cinnamon Bread Apples & Peanut Butter	Plum Oat Squares Nuts	NO SCHOOL	NO SCHOOL	NO SCHOOL
Trail Ride Muffins	Cheese & Crackers Carrots Sticks	Pumpkin Pudding Graham Crackers	Spiced Scones Nuts	Egg & Cheese on English Muffin