









Monday, October 2

WG Muffin 100% Fruit Juice

Tuesday, October 3

Smart Snack Chips 100% Fruit Juice

Wednesday, October 4

WG Cereal Milk

Thursday, October 5

Goldfish Crackers 100% Fruit Juice

Friday, October 6

Mini Chocolate Chip **WG** Cookies Milk



WG Muffin 100% Fruit Juice

Tuesday, October 10

Smart Snack Chips 100% Fruit Juice

Wednesday, October 11

WG Cereal Milk

Thursday, October 12

WG Elf Graham Crackers 100% Fruit Juice

Friday, October 12

Mini Chocolate Chip **WG** Cookies Milk







Monday, October 16

WG Muffin 100% Fruit Juice

Tuesday, October 17

Smart Snack Chips 100% Fruit Juice

Wednesday, October 18

WG Cereal Milk

Thursday, October 19

Goldfish Crackers 100% Fruit Juice

Friday, October 20

Mini Chocolate Chip **WG** Cookies Milk

Monday, October 23

WG Muffin 100% Fruit Juice

Tuesday, October 24

Smart Snack Chips 100% Fruit Juice

Wednesday, October 25

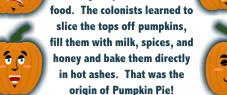
WG Cereal Milk

Thursday, October 26

WG Elf Graham Crackers 100% Fruit Juice

Friday, October 2.7

Mini Chocolate Chip WG Cookies Milk





Monday, October 30

WG Muffin 100% Fruit Juice

Tuesday, October 31

Smart Snack Chips 100% Fruit Juice

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html