

FOOD AND NUTRITION SERVICES

SUPER SNACK MENU

OCTOBER 2023

Daily Milk Options: Unflavored 1% or Flavored Fat Free

	Monday	Tuesday	Wednesday	Thursday	Friday
October	10/2 String Cheese (1 ea) Hummus Cup (3 oz) Cheez-Its (1 oz) Baby Carrots (1/2 c) Ranch Dressing Small (1 ea) Chilled Mandarin Oranges (1/4 c) Milk (1/2 pt) (V)	10/3 Peanut Butter & Jelly Sandwich (1 ea) Sunflower Seeds (1 oz) Sliced Cucumbers (1/2 c) Ranch Dressing Small (1 ea) Chilled Pineapple (1/4 c) Milk (1/2 pt) (V)	10/4 Make Your Own Nachos: Tortilla Chips (1 bag) Shredded Cheddar Cheese (2 oz) Bean Dip (4.5 oz) Salsa (1/4 c) Milk (1/2 pt) (V)	10/5 Sliced Turkey Breast (3 sl) American Cheese (2 sl) Hamburger Bun (1 ea) Celery Sticks (1/2 c) Ranch Dressing Small (1 ea) Chilled Peaches (1/4 c) Milk (1/2 pt) V - PBJ Sandwich w/ Sunflower Seeds (1 oz)	10/6 Peanut Butter & Jelly Sandwich (1 ea) Sunflower Seeds (1 oz) Baby Carrots (1/2 c) Ranch Dressing Small (1 ea) Chilled Pineapple (1/4 c) Milk (1/2 pt) (V)
	10/9 Student Holiday	10/10 Make Your Own Nachos: Tortilla Chips (1 bag) Shredded Cheddar Cheese (2 oz) Bean Dip (4.5 oz) Salsa (1/4 c) Milk (1/2 pt) (V)	10/11 Peanut Butter & Jelly Sandwich (1 ea) Sunflower Seeds (1 oz) Sliced Cucumbers (1/2 c) Ranch Dressing Small (1 ea) Chilled Pineapple (1/4 c) Milk (1/2 pt) (V)	10/12 String Cheese (1 ea) Hummus Cup (3 oz) Cheez-Its (1 oz) Baby Carrots (1/2 c) Ranch Dressing Small (1 ea) Chilled Mandarin Oranges (1/4 c) Milk (1/2 pt) (V)	10/13 Sliced Turkey Breast (3 sl) American Cheese (2 sl) Hamburger Bun (1 ea) Celery Sticks (1/2 c) Ranch Dressing Small (1 ea) Chilled Peaches (1/4 c) Milk (1/2 pt) V - PBJ Sandwich w/ Sunflower Seeds (1 oz)
	10/16 Make Your Own Nachos: Tortilla Chips (1 bag) Shredded Cheddar Cheese (2 oz) Bean Dip (4.5 oz) Salsa (1/4 c) Milk (1/2 pt) (V)	10/17 Peanut Butter & Jelly Sandwich (1 ea) Sunflower Seeds (1 oz) Baby Carrots (1/2 c) Ranch Dressing Small (1 ea) Chilled Pineapple (1/4 c) Milk (1/2 pt) (V)	10/18 Sliced Turkey Breast (3 sl) American Cheese (2 sl) Hamburger Bun (1 ea) Celery Sticks (1/2 c) Ranch Dressing Small (1 ea) Chilled Peaches (1/4 c) Milk (1/2 pt) V - PBJ Sandwich w/ Sunflower Seeds (1 oz)	10/19 Peanut Butter & Jelly Sandwich (1 ea) Sunflower Seeds (1 oz) Sliced Cucumbers (1/2 c) Ranch Dressing Small (1 ea) Chilled Pineapple (1/4 c) Milk (1/2 pt) (V)	10/20 String Cheese (1 ea) Hummus Cup (3 oz) Cheez-Its (1 oz) Baby Carrots (1/2 c) Ranch Dressing Small (1 ea) Chilled Mandarin Oranges (1/4 c) Milk (1/2 pt) (V)
	10/23 String Cheese (1 ea) Hummus Cup (3 oz) Cheez-Its (1 oz) Baby Carrots (1/2 c) Ranch Dressing Small (1 ea) Chilled Mandarin Oranges (1/4 c) Milk (1/2 pt) (V)	10/24 Make Your Own Nachos: Tortilla Chips (1 bag) Shredded Cheddar Cheese (2 oz) Bean Dip (4.5 oz) Salsa (1/4 c) Milk (1/2 pt) (V)	10/25 Peanut Butter & Jelly Sandwich (1 ea) Sunflower Seeds (1 oz) Sliced Cucumbers (1/2 c) Ranch Dressing Small (1 ea) Chilled Pineapple (1/4 c) Milk (1/2 pt) (V)	10/26 Sliced Turkey Breast (3 sl) American Cheese (2 sl) Hamburger Bun (1 ea) Celery Sticks (1/2 c) Ranch Dressing Small (1 ea) Chilled Peaches (1/4 c) Milk (1/2 pt) V - PBJ Sandwich w/ Sunflower Seeds (1 oz)	10/27 Peanut Butter & Jelly Sandwich (1 ea) Sunflower Seeds (1 oz) Baby Carrots (1/2 c) Ranch Dressing Small (1 ea) Chilled Pineapple (1/4 c) Milk (1/2 pt) (V)
	10/30 Make Your Own Nachos: Tortilla Chips (1 bag) Shredded Cheddar Cheese (2 oz) Bean Dip (4.5 oz) Salsa (1/4 c) Milk (1/2 pt) (V)	10/31 Sliced Turkey Breast (3 sl) American Cheese (2 sl) Hamburger Bun (1 ea) Celery Sticks (1/2 c) Ranch Dressing Small (1 ea) Chilled Peaches (1/4 c) Milk (1/2 pt) V - PBJ Sandwich w/ Sunflower Seeds (1 oz)			

(V) - Vegetarian

Bread and pasta served by FCPS is **NOT** Gluten Free.

"This institution is an equal opportunity provider."

Menus are subject to change due to availability of foods and emergency school closing.

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