



# October

## SNACK

AM snacks are various in house baked items, such as muffins, egg quiche, scones and a variety of breads.

PM Snach:

Week 1 and 3

Soup of the week

Cereal with fruit

Quesadilla of the week

Meat and Cheese Plate

Yogurt and fruit parfait

Week 2 and 4

Soup of the week

Pasta Salad

Quesadilla of the week

Hummus and veggie plate

Fruit and cheese