

NOVEMBER SNACK MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4 AM Teddy Grahams and Banana PM Whole Wheat Tortilla with Sun Butter	5 AM Triscuits and Baby Carrots w/Ranch Dressing PM Fruit and Cheese Cubes	6 AM Applesauce and Pretzels PM Carrot Sticks and Pita Chips
9 AM Goldfish with Fresh Fruit PM Rice Krispie Treat and Orange Slices	10 AM Vanilla Yogurt and Pineapple PM Fruit and Cheese Cubes	11 AM Teddy Grahams and Diced Peaches PM Wheat Thins and Cucumber Slices	12 AM Carrot Sticks & Cucumber Slices with Hummus PM Vanilla Wafers and Fresh Fruit	13 AM Wheat Thins and Diced Pears PM Whole Wheat Bread with Apple Butter
16 AM Cucumbers with Ranch Dressing and Tortilla Chips PM Vanilla Yogurt and Wafers	17 AM Apple Slices, Pretzels and Sun Butter PM Trail Mix and Juice	18 AM Wheat Thins and Diced Pears PM Baby Carrots and Pita chips with Ranch Dressing	19 AM Whole Grain Cheerios and Organic Milk PM Whole Wheat Bagel w/ Cream Cheese & Jelly	20 AM Orange Slices and Whole Grain Ritz Crackers PM Fruit and Cheese Cubes
23 AM Whole Wheat Bagel w/Cream Cheese & Jelly PM Graham Crackers and Applesauce	24 AM Sliced American Cheese and Wheat Thins PM Seasonal Fruit & Vanilla Wafers	25 No School	26 No School	27 No School
30 AM Goldfish with Fresh Fruit PM Fruit and Triscuits				

Additionally, GPS menus contain more of the following healthy menu items: organic milk, juices that are 100% juice and contain no dyes, whole grain pasta, whole grain and whole wheat breads, low-fat cheese, all natural applesauce, diced fruits stored in juice (not syrup).

- This menu is subject to change due to unforeseen circumstances.