

2024

# NOVEMBER

## SNACK MENU

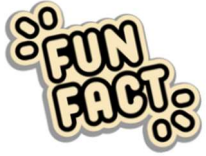
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Historically, the first “snacks” weren’t a luxury – they were actually a matter of survival for humans!

Our hunter-gatherer ancestors relied on what nature provided, before the dawn of agriculture. They frequently consumed **berries, nuts, and seeds** as they roamed, which provided quick energy!

For nutritional and allergen information, please visit our online menu by scanning the QR code:



1 Blueberry Nutrigrain Bar  
Apple

4 Banana Muffin  
Mozzarella Cheese

5 Goldfish Crackers  
Milk

6 Cheddar Chex Snack Mix  
Apple

7 Vanilla Goldfish  
100% Fruit Juice

8 Scooby Doo Grahams  
Milk

11 **VETERANS DAY**  
No School

12 Colored Goldfish  
100% Fruit Juice

13 Graham Crackers  
Yogurt

14 Pretzel Twists  
Mozzarella Cheese

15 Blueberry Nutrigrain Bar  
Apple

18 Banana Muffin  
Mozzarella Cheese

19 Goldfish Crackers  
Milk

20 Cheddar Chex Snack Mix  
Apple

21 Vanilla Goldfish  
100% Fruit Juice

22 Scooby Doo Grahams  
Milk

25 Cinnamon Crisps  
Milk

26 Graham Crackers  
Yogurt



28 *Happy Thanksgiving*



**Thanksgiving Break - No School**