



# PARKWAY

CHRISTIAN ACADEMY

## VPK SNACK MENU

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Vanilla Wafers Grapes	4 Cheese-Its Apple Slices	5 Plain Pretzels Cheese Cubes	6 Bananas Chips	7 Veggie Straws Apples	8
9	10 Yogurt Teddy Grahams	11 Oranges Lorna Doones	12 Cinnamon Rice Cakes Apples	13 Cheese Cubes Crackers	14 NO SCHOOL Teacher Work Day	15
16	17 NO SCHOOL Parent Teacher Meetings	18 Apple Cinnamon Slices Graham Crackers	19 Apple Sauce Little Muffins	20 Wheat Thins Celery Sticks	21 Mini Cupcakes Yogurt	22
23	24 Cucumbers w/ Ranch Chips	25 Goldfish Raisins	26 Veggie Straws Bananas	27 Cheese Cubes Celery w/ Ranch	28 Baby Carrots w/ Ranch Crackers	29
30	31 Cheese Sticks Chips					

ALL Jellos and Puddings are SUGAR FREE/ALL snacks served with water