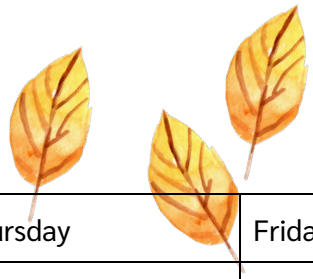
Morning and Afternoon Snack Menu
November 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	3 AM: oatmeal* & milk PM: goldfish, cucumber*, carrot, & ranch	4 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	5 AM: cereal*, banana*, & milk PM: goldfish, broccoli*, & avocado	6 AM: yogurt with blueberries*, & milk PM: bell pepper, saltine crackers, & cheese
9 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	10 AM: oatmeal* & milk PM: goldfish, cucumber*, carrot, & ranch	11 Closed for Veterans Day	12 AM: cereal*, banana*, & milk PM: goldfish, broccoli*, & avocado	13 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*
16 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	17 AM: oatmeal* & milk PM: goldfish, cucumber*, carrot, & ranch	18 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	19 AM: cereal*, banana*, & milk PM: goldfish, broccoli*, & avocado	20 AM: yogurt with blueberries*, & milk PM: bell pepper, saltine crackers, & cheese
23 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	24 AM: oatmeal* & milk PM: goldfish, cucumber*, carrot, & ranch	25 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, seaweed snack*, & Unique Fruit!	26 Closed for Thanksgiving	27 Closed for Thanksgiving
30 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	1 AM: oatmeal* & milk PM: goldfish, cucumber*, carrot, & ranch	2 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	3 AM: cereal*, banana*, & milk PM: goldfish, broccoli*, & avocado	4 AM: yogurt with blueberries*, & milk PM: bell pepper, saltine crackers, & cheese

NOTES: **(1)** Oatmeal is made with brown sugar. **(2)** In the Caterpillars, Whales and Frogs classrooms, we may substitute soft fruits/vegetables/crackers for hard fruits and vegetables. **(3)** We may change the snack menu without notice if, but not limited to, we have a supply issue, your child is not eating the snack provided, or Good Food provided the same fruit for lunch.

*** denotes organic**

Unique Fruit! - This will be a chance to try an out of the ordinary fruit such as mango, papaya, pitaya, or dates.

Weekly goals: 1 yogurt, 3-4 fruits (apple, banana, orange, blueberry, avocado) 3-4 vegetables (cucumber, bell pepper, celery, carrot, seaweed), 1-3 animal proteins, and milk daily

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