

# OCTOBER 2009 SNACK CALENDAR



| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|---|--|---|--|-----------|
| <p><b>*Please check labels to make sure ingredients do not include: high fructose corn syrup, partially hydrogenated oils or msg- thank you.</b><br/> <b>** Provided by AMS</b><br/> <b>*** Available at Trader Joe's</b><br/> <b>**** Available by the pound at Sprouts/Trader Joe's</b></p> |  |   |  | <p>1<br/>3 Lg. Plain Yogurt<br/>1 Honey<br/>1 Pkg Walnuts<br/>Water**<br/><br/>Antigone K.</p>  | <p>2<br/>4 Pkgs. English Muffins<br/>2 Orange Marmalade<br/>1 Gal. 100% Orange Juice<br/><br/>Blake J.</p> | <p>3</p>  |
| <p>4</p>  | <p>5<br/>2 Lg. Hummus<br/>3 Bags Pita Chips<br/>1 Gal. 100% Grape Juice<br/><br/>Carli L.</p>                | <p>6<br/>3 Pkgs. String Cheese<br/>12 Oranges<br/>Water **<br/><br/>Zackery L.</p>                        | <p>7<br/>3 Bell Peppers (red, gold, green)<br/>2 Box Wheat Thins<br/>1 Gal. 100% Apple Juice<br/><br/>Peyton W.</p>                          | <p>8<br/>4 Cucumbers<br/>1 Pkg. Cherry Tomatoes<br/>2 Lg. Cans Black Olives<br/>6 Hard Boiled Eggs (peeled)<br/>2 Bags Mini Pitas<br/>Water**<br/><br/>Tyler M.</p> | <p>9<br/>24 Lg. Soft Pretzels<br/>2 Jars Honey Mustard<br/>100% White Grape Juice<br/><br/>Colin M.</p>    | <p>10</p> |
| <p>11</p>   | <p>12<br/>NO SCHOOL</p>  | <p>13<br/>2 Bags Tortilla Chips<br/>3 Bean Dip<br/>1 Gal. 100% Apple Juice<br/><br/>Kira T.</p>           | <p>14<br/>1 Lg. Box Cheerios<br/>3 Bunches Bananas<br/>1 Gal. Whole Milk<br/><br/>Inara S.</p>   | <p>15<br/>3 Celery<br/>1 Jar Creamy Peanut Butter<br/>Water **<br/><br/>Daria T.</p>  | <p>16<br/>NO SCHOOL</p>  | <p>17</p> |
| <p>18</p>   | <p>19<br/>3 Pkgs. Cheese Tortellini<br/>1 Italian Dressing<br/>100% White Grape Juice<br/><br/>Trevor W.</p> | <p>20<br/>4 Pkgs. (or 24 cups) Frozen Mixed Berries<br/>2 Quarts half-n-half<br/>Water**<br/>Devin M.</p> | <p>21<br/>3 Cauliflower/3 Broccoli<br/>1 Ranch Dressing<br/>1 Gal. 100% Apple Juice<br/><br/>Noah G.</p>                                     | <p>22<br/>1 10 Lb. Bag Potatoes<br/>1 16 oz. Sour Cream<br/>Water **<br/><br/>Delaney G.</p>  | <p>23<br/>2 Bag Pretzels<br/>2 Lg. Raisins<br/>1 Gal. Whole Milk<br/><br/>Mia E.</p>                       | <p>24</p> |
| <p>25</p>   | <p>26<br/>3 Lg. Strawberry Yogurt<br/>1 Pkg. Sliced Almonds<br/>1 Gal. Whole Milk<br/><br/>Jacob L.</p>      | <p>27<br/>2 Lbs. Oats****<br/>1 Container Dates<br/>Walnuts**<br/>1 Gal. Whole Milk<br/><br/>IsIs J.</p>  | <p>28<br/>1 Lg. Block Cheddar Cheese<br/>2 Bags (mixed) Apples<br/>2 Baguettes/loafs bread<br/>1 Gal. 100% Apple Juice<br/><br/>Samah C.</p> | <p>29<br/>2 Pkgs. Ham<br/>2 Marble Rye Bread<br/>1 Gal. Whole Milk<br/><br/>Hunter L.</p>   | <p>30<br/>3 Pkgs Popped Popcorn<br/>1 Gal. 100% Apple Juice<br/><br/>Jules M.</p>                          | <p>31</p> |