



October 2019 - More @ Four - Snack Menu

NEWTON-CONOVER CITY SCHOOLS

Snacks are provided daily for our Pre-Kindergarten Classes

All snacks provided meet the USDA's Child Care snack requirement for the NCPK program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 USDA Fruit Cup - 1/2 c Saltine Crackers - 1 pkg Water	2 Mixed Fruit - 1/2 c Cinnamon Grahams - .90 oz wt Water	3 Sliced Peaches - 1/2 c Cheddar Goldfish - .75 oz wt Water	4 Raisins - 1.33 oz Saltine Crackers - 1 pkg Water
7 Applesauce - 1/2 c Cinnamon Grahams - .90 oz wt Water	8 Carrot Chips - 1/2 c Saltine Crackers - 1 pkg Ranch Dip - 1 oz Water	9 Cheerios bowlpak - 1 oz Milk 1% LF - 4 fl oz	10 USDA Fruit Cup - 1/2 c Saltine Crackers - 1 pkg Water	11 Raisins - 1.33 oz Cheddar Goldfish - .75 oz wt Water
14 Cheerios bowlpak - 1 oz Milk 1% LF - 4 fl oz	15 USDA Fruit Cup - 1/2 c Saltine Crackers - 1 pkg Water	16 Mixed Fruit - 1/2 c Cinnamon Grahams - .90 oz wt Water	17 Sliced Peaches - 1/2 c Cheddar Goldfish - .75 oz wt Water	18 Raisins - 1.33 oz Saltine Crackers - 1 pkg Water
21 Applesauce - 1/2 c Cinnamon Grahams - .90 oz wt Water	22 Carrot Chips - 1/2 c Saltine Crackers - 1 pkg Ranch Dip - 1 oz Water	23 Cheerios bowlpak - 1 oz Milk 1% LF - 4 fl oz	24 USDA Fruit Cup - 1/2 c Saltine Crackers - 1 pkg Water	25 Raisins - 1.33 oz Cheddar Goldfish - .75 oz wt Water
28 Cheerios bowlpak - 1 oz Milk 1% LF - 4 fl oz	29 USDA Fruit Cup - 1/2 c Saltine Crackers - 1 pkg Water	30 Mixed Fruit - 1/2 c Cinnamon Grahams - .90 oz wt Water	31 Sliced Peaches - 1/2 c Cheddar Goldfish - .75 oz wt Water	

Menu, Nutrition, and Allergen Information can be found on our system website : www.newton-conover.org - Menus are subject to change - Notice is given when possible

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