



# EDCC Frederiksen October

## Snack Menu

| Monday                                                                                                                            | Tuesday                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Thursday                                                                                                                                    | Friday                                                                                                                                             |          |    |          |    |    |    |    |          |    |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
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| <b>2</b><br>Pineapple Chunks w/Yogurt<br>        | <b>3</b><br>Mixed Dipping Vegetables & Pretzels w/Milk<br>           | <b>4</b><br>Seasonal Fruit & Bagels w/Cream Cheese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>5</b><br>Egg Salad & Olives w/Whole Grain Crackers                                                                                       | <b>6</b><br>Honey Corn Bread w/Milk<br>                         |          |    |          |    |    |    |    |          |    |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| <b>9</b><br>Garden Salad & Roll w/Milk<br>       | <b>10</b><br>Mixed Cheese Platter & Cucumber Slices w/Whole Grain Crackers                                                                            | <b>11</b><br>Bananas & Graham Crackers w/Milk<br>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>12</b><br>Brown Rice w/Mixed Vegetable Medley<br>     | <b>13</b><br>Blueberry Muffins w/Milk<br>                       |          |    |          |    |    |    |    |          |    |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| <b>16</b><br>Cereal Bars w/Orange Juice                                                                                           | <b>17</b><br>Caesar Salad & Roll w/Milk<br>                        | <b>18</b><br>Frozen Go-gurts w/Graham Crackers                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>19</b><br>Pear Slices & Toast                                                                                                            | <b>20</b><br>English Muffin Pizzas w/Sliced Olives & Milk<br> |          |    |          |    |    |    |    |          |    |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| <b>23</b><br>Cheerios & Blueberries w/Milk<br> | <b>24</b><br>Tuna Salad & Celery Sticks w/Whole Grain Crackers<br> | <b>25</b><br>Granola Bars w/String Cheese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>26</b><br>Craisin, Raisin, & Popcorn Mix w/Milk<br> | <b>27</b><br>Mixed Vegetable Pasta Marinara w/Milk<br>        |          |    |          |    |    |    |    |          |    |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| <b>30</b><br>Apples & Cheese Cubes                                                                                                | <b>31</b><br>Carrot Sticks & Raisins w/Milk<br>                    | <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th colspan="7">Sep 2017</th> <th colspan="7">Nov 2017</th> </tr> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td> <td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td> </tr> </tbody> </table> |                                                                                                                                             |                                                                                                                                                    | Sep 2017 |    |          |    |    |    |    | Nov 2017 |    |  |  |  |  |  | M | T | W | T | F | S | S | M | T | W | T | F | S | S |  |  |  |  | 1 | 2 | 3 |  |  | 1 | 2 | 3 | 4 | 5 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 25 | 26 | 27 | 28 | 29 | 30 |  | 27 | 28 | 29 | 30 |  |  |  |
| Sep 2017                                                                                                                          |                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                             |                                                                                                                                                    |          |    | Nov 2017 |    |    |    |    |          |    |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
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| 18                                                                                                                                | 19                                                                                                                                                    | 20                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 21                                                                                                                                          | 22                                                                                                                                                 | 23       | 24 | 20       | 21 | 22 | 23 | 24 | 25       | 26 |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| 25                                                                                                                                | 26                                                                                                                                                    | 27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 28                                                                                                                                          | 29                                                                                                                                                 | 30       |    | 27       | 28 | 29 | 30 |    |          |    |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |