

October 2024 Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
V = vegetarian Vegan = no meat, eggs, or dairy		1 AM: Yogurt, Blueberries <i>V: ok; Vegan: no yogurt</i> PM: Hummus, Pita <i>V & Vegan: ok</i>	2 AM: Cream of Wheat, Watermelon <i>V & Vegan: ok</i> PM: String Cheese, Crackers <i>V: ok; Vegan: no cheese</i>	3 AM: French Toast, Grapefruit <i>V: ok; Vegan: no French toast</i> PM: Tuscan White Bean Dip with Jicama Sticks <i>V & Vegan: ok</i>	4 AM: Scrambled Eggs, Pita <i>V: ok; Vegan: no eggs</i> PM: Quinoa Primavera, Cucumbers <i>V & Vegan: ok</i>	5
6	7 AM: English Muffin, Strawberries <i>V: ok; Vegan: no English muffin</i> PM: Pinto Bean & Brown Rice Burritos <i>V & Vegan: ok</i>	8 AM: Oatmeal, Pears <i>V & Vegan: ok</i> PM: Applesauce, Crackers <i>V & Vegan: ok</i>	9 AM: Shredded Wheat Cereal, Cantaloupe <i>V & Vegan: ok</i> PM: Avocado, Pita <i>V & Vegan: ok</i>	10 AM: Cottage Cheese, Blueberries <i>V: ok; Vegan: no cheese</i> PM: Bow Tie Pasta & Roasted Vegetable Salad with Garbanzo Beans <i>V & Vegan: ok</i>	11 LMUCC CLOSED - Autumn Day PTC Prep	12
13	14 AM: Yogurt, Blueberries <i>V: ok; Vegan: no yogurt</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>	15 AM: Potatoes O'Brien, Oranges <i>V & Vegan: ok</i> PM: String Cheese, Crackers <i>V: ok; Vegan: no cheese</i>	16 AM: Pancakes, Bananas <i>V: ok; Vegan: no pancake</i> PM: Quesadillas, Apples <i>V: ok; Vegan: no quesadilla</i>	17 AM: Bagels, Mozzarella Cheese <i>V: ok; Vegan: no cheese</i> PM: Hard Boiled Eggs, Rolls <i>V: ok; Vegan: no eggs</i>	18 AM: French Toast, Grapefruit <i>V: ok; Vegan: no French toast</i> PM: Tuscan White bean Dip w/ Jicama Sticks <i>V & Vegan: ok</i>	19
20	21 AM: Cottage Cheese, Blueberries <i>V: ok; Vegan: no cheese</i> PM: Applesauce, Crackers <i>V & Vegan: ok</i>	22 AM: Scrambled Eggs, Pita <i>V: ok; Vegan: no eggs</i> PM: Pinto Bean & Brown Rice Burritos <i>V & Vegan: ok</i>	23 AM: Cream of Wheat, Watermelon <i>V & Vegan: ok</i> PM: Quinoa Primavera, Cucumbers <i>V & Vegan: ok</i>	24 AM: Oatmeal, Pears <i>V & Vegan: ok</i> PM: Baked Polenta Cakes with Marinara <i>V & Vegan: ok</i>	25 AM: Cheerios, Bananas <i>V & Vegan: ok</i> PM: Avocado, Pita <i>V & Vegan: ok</i>	26
27	28 AM: Shredded Wheat Cereal, Cantaloupe <i>V & Vegan: ok</i> PM: Quesadillas, Apples <i>V: ok; Vegan: no quesadilla</i>	29 AM: English Muffin, Strawberries <i>V: ok; Vegan: no English muffin</i> PM: Hard Boiled Eggs, Rolls <i>V: ok; Vegan: no eggs</i>	30 AM: Potatoes O'Brien, Oranges <i>V & Vegan: ok</i> PM: Bow Tie Pasta & Roasted Vegetable Salad with Garbanzo Beans <i>V & Vegan: ok</i>	31 AM: Cheerios, Bananas <i>V & Vegan: ok</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>		