

October 2026 Snack Menu

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