

# OCTOBER SNACK MENU

## BUENA VISTA CITY SCHOOLS

### TAP HEADSTART

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">3</div> <p style="color: red; font-weight: bold; font-size: large;">NO<br/>HEADSTART</p> </div> | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">4</div> <p>APPLE</p> <p>LOW FAT MILK</p> </div>            | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">5</div> <p>GOLD FISH</p> <p>LOW FAT MILK</p> </div>        | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">6</div> <p>STRING CHEESE/CRACKER</p> <p>LOW FAT MILK</p> </div> | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">7</div> <p>CEREAL</p> <p>LOW FAT MILK</p> </div>  |
| <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">10</div> <p>MUFFIN</p> <p>LOW FAT MILK</p> </div>   | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">11</div> <p>TEDDY GRAHAMS</p> <p>LOW FAT MILK</p> </div>   | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">12</div> <p>ANIMAL CRACKERS</p> <p>LOW FAT MILK</p> </div> | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">13</div> <p>BANANA</p> <p>LOW FAT MILK</p> </div>               | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">14</div> <p>CEREAL</p> <p>LOW FAT MILK</p> </div>   |
| <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">17</div> <p>GOLD FISH</p> <p>LOW FAT MILK</p> </div>  | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">18</div> <p>KEEBLER GRAHAMS</p> <p>LOW FAT MILK</p> </div> | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">19</div> <p>ORANGE</p> <p>LOW FAT MILK</p> </div>          | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">20</div> <p>PRETZEL</p> <p>LOW FAT MILK</p> </div>              | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">21</div> <p style="color: red; font-weight: bold; font-size: large;">NO SCHOOL</p> </div> |
| <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">24</div> <p>GOLD FISH GRAHAM</p> <p>LOW FAT MILK</p> </div>                                     | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">25</div> <p>MUFFIN</p> <p>LOW FAT MILK</p> </div>          | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">26</div> <p>CEREAL</p> <p>LOW FAT MILK</p> </div>          | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">27</div> <p>PEAR</p> <p>LOW FAT MILK</p> </div>                 | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">28</div> <p style="color: red; font-weight: bold; font-size: large;">NO SCHOOL</p> </div> |
| <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">31</div> <p>MUFFIN</p> <p>LOW FAT MILK</p> </div>   | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">1</div> <p>STRAWBERRY CUP</p> <p>LOW FAT MILK</p> </div>   | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">2</div> <p>CEREAL</p> <p>LOW FAT MILK</p> </div>           | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">3</div> <p>GOLD FISH</p> <p>LOW FAT MILK</p> </div>             | <div style="border: 1px solid black; padding: 5px; width: 100%;"> <div style="text-align: right; font-size: small;">4</div> <p>CRACKER/STRING CHEESE</p> <p>LOW FAT MILK</p> </div>                           |

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR NUTRITION DEPARTMENT AT 540-261-3352