

**REMEMBER ALL EARLY HEAD START CLASSROOMS FOOD HAS TO BE DICED, CHOPPED
FRESH BERRIES SOFTENED/NO GRAPES/NO SALAD
FAYETTE COUNTY CHILD DEVELOPMENT INC.**

OCTOBER 2026 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 ½ c Peaches ½ oz yogurt	2 ½ c Cucumber slices ½ oz hummus
5 ½ oz Whole grain crackers ½ c Mixed berries	6 ½ c Fresh strawberries ½ oz Strawberry yogurt	7 ½ c Blueberries ½ oz whole grain cereal	8 ½ c Pineapples ½ oz Cottage cheese	9 ½ oz Whole grain toast ½ c applesauce
12 ½ c Bell pepper strips ½ oz Cubed cheese	13 ½ c Broccoli florets ½ oz Ranch yogurt dip	14 ½ oz Graham crackers ½ c Milk	15 ½ oz Whole grain pretzels ½ oz Cubed cheese	16 NO SCHOOL STAFF TRAINING DAY
19 ½ oz Crackers ½ oz cheese cubes	20 ½ oz Yogurt parfait w/ ½ oz whole grain cereal ½ c berries	21 ½ oz Hummus ½ oz pita triangle ½ c cucumbers	22 ½ Banana slices ½ oz peach Yogurt ½ oz whole grain cereal	23 ½ oz Cottage cheese ½ c Pineapple ½ oz Whole grain toast
26 1/2 oz string cheese ½ oz Whole grain pretzels	27 ½ c Peaches ½ oz Whole grain crackers	28 ½ oz Graham crackers ½ c applesauce	29 ½ oz Blueberry yogurt ½ c blueberries	30 LAST FRIDAY OF THE MONTH NO SCHOOL

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