

# September 2022

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5 NO SCHOOL	6 Pretzels	7 Fresh fruit	8 cheese & crackers	9 applesauce- large container or individual cups- no naches	10	11
12 Fresh veggies	13 yogurt- large container or individual cups- no tubes	14 mini bagels and cream cheese	15 fresh fruit	16 pretzels	17	18
19 veggie chips and hummus	20 fresh veggies	21 cheese & crackers	22 applesauce- large container or individual cups- no naches	23 yogurt- large container or individual cups- no tubes	24	25
26 Fresh fruit	27 mini bagels and cream cheese	28 pretzels	29 fresh veggies	30 cheese & crackers		

