

Small Blessings Christian Early Care & Preschool

October 2026

	Monday 10/12	Tuesday 10/13	Wednesday 10/14	Thursday 10/15	Friday 10/16
Morning Snack	Fruit & Grain Bar (G) Milk (M)	Yogurt (P) Banana (F)	Fig Bars(G) Applesauce (F)	Graham Cracker (P) Fruit (F)	Cereal (G) Milk (M)
Afternoon Snack	Green Beans (V) Meat (P)	Crackers (G) Cucumbers (V)	Cheese stick (P) Carrots (V)	Crackers (G) Pickles(V)	Pretzels (G) Raisins (F)
	Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22	Friday 10/23
Morning Snack	English Muffin/jelly (G) Milk (M)	Fruit (F) Cottage Cheese (P)	Cereal (G) Milk (M)	Yogurt (P) Banana (F)	Graham Crackers (G) Milk (M)
Afternoon Snack	Animal Crackers (G) Applesauce (F)	Crackers (G) Cucumbers (V)	Cheese (P) Fruit(F)	Green beans (V) Granola Bars (G)	Meat (P) Pickles (V)
	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30
Morning Snack	Fruit & Grain Bar (G) Milk (M)	Yogurt (P) Banana (F)	Fig Bars(G) Applesauce (F)	Graham Cracker (P) Fruit (F)	Cereal (G) Milk (M)
Afternoon Snack	Green Beans (V) Meat (P)	Crackers (G) Cucumbers (V)	Cottage cheese (P) Carrots (V)	Crackers (G) Pickles (V)	Pretzels (G) Raisins (F)
	Monday 11/2	Tuesday 11/3	Wednesday 11/4	Thursday 11/5	Friday 11/6
Morning Snack	English Muffin/jelly (G) Milk (M)	Fruit (F) Cottage Cheese (P)	Granola Bar (G) Milk (M)	Yogurt (P) Banana (F)	Graham Crackers (G) Milk (M)
Afternoon Snack	Animal Crackers (G) Applesauce (F)	Crackers (G) Cucumbers (V)	Cheese (P) Fruit(F)	Green beans (V) Granola Bars (G)	Meat (P) Pickles (V)