

# Encompass

## October 2022 Snack Menu

Jul 8, 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4 WGFrenchTstCrackers WhMilk-1-/Skim-2&^	5 Baby Carrots Crackers Ranch Dressing WhMilk-1-/Skim-2&^	6 Granny Smith Applesauce WG Chat Crackers	7 Cheese Stick FrshorCanFruit&Veggie
10 WGNachoChips 3+ Salsa Juice, Assorted	11 CinnTst Crunch Crisps Canned Pears	12 String Cheese WGRCheezit Crackers	13 FlatBread Jelly or Apple Butter WhMilk-1-/Skim-2&^	14 WG Waffle Grahams FrshorCanFruit&Veggie
17 W/G Pretzel Cheese Sauce Juice, Assorted	18 Mini Bagels Jelly or Apple Butter WhMilk-1-/Skim-2&^	19 Kiwi Fruit WGBug Blite Crackers	20 Yogurt Granola Whole-1-/Skim-2^	21 Animal Crackers FrshorCanFruit&Veggie
24 HospitWGCerealBowls(6g<) WhMilk-1-/Skim-2&^	25 WGCinnamon Bun Crackers Whole-1-/Skim-2^	26 Chex Mix Juice, Assorted	27 FruitedJelloSalad WGDino Grahams	28 Variety of Crackers FrshorCanFruit&Veggie
31 SmorgofWG Crackers FrshorCanFruit&Veggie				

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.